

## SANDWICHES

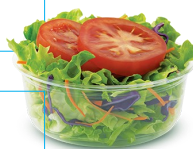
|   |         |
|---|---------|
| E Vegemite or Jam                                   | \$ 2.00 |
| E Cheese  | \$ 2.00 |
| E Ham   | \$ 3.00 |
| E Cheese & Tomato                                   | \$ 3.50 |
| E Ham & Cheese                                      | \$ 3.50 |
| E Chicken   | \$ 4.00 |
| E Egg & Lettuce 2 eggs with mayo                    | \$ 4.50 |
| E Curried Egg & lettuce 2 eggs with mayo            | \$ 4.50 |
| E Ham, Cheese & Tomato                              | \$ 4.50 |
| E Chicken & Cheese with mayo                        | \$ 4.50 |
| E Salad lettuce, tomato, cucumber, beetroot, carrot | \$ 4.50 |
| E Sweet Chilli Chicken lettuce, sweet chilli & mayo | \$ 4.90 |
| E Ham & Salad                                       | \$ 4.90 |
| E Chicken, Lettuce & Mayo                           | \$ 4.90 |
| E Chicken, Cheese & Tomato                          | \$ 4.90 |
| E Chicken & Salad                                   | \$ 4.90 |



Gluten Free Bread & Wraps available - Add 50c Write on lunch bag

## SUSHI

|                              |         |
|------------------------------|---------|
| E Chicken Teriyaki <i>GF</i> | \$ 4.40 |
| E Tuna <i>GF</i>             | \$ 4.40 |
| E Vegetarian <i>GF</i>       | \$ 4.40 |



Write "Soy Sauce" on your lunch bag if you would like one for free

## WRAPS

|   |         |
|---|---------|
| E Egg & Lettuce 2 eggs with mayo                    | \$ 5.50 |
| E Curried Egg & lettuce 2 eggs with mayo            | \$ 5.50 |
| E Ham, Cheese & Tomato                              | \$ 5.50 |
| E Chicken & Cheese with mayo                        | \$ 5.50 |
| E Salad lettuce, tomato, cucumber, beetroot, carrot | \$ 6.00 |
| E Sweet Chilli Chicken lettuce, sweet chilli & mayo | \$ 6.00 |
| E Ham & Salad                                       | \$ 6.50 |
| E Chicken, Lettuce & Mayo                           | \$ 6.50 |
| E Chicken, Cheese & Tomato with mayo                | \$ 6.50 |
| E Chicken & Salad                                   | \$ 6.50 |
| E Chicken Caesar Salad                              | \$ 6.50 |



## SALADS

|  |         |
|--|---------|
| E Watermelon Bowl  | \$ 5.50 |
| E Fruit Salad Bowl   | \$ 6.00 |
| E Garden Salad <i>GF</i> lettuce, tomato, cucumber, beet, carrot | \$ 5.50 |
| E Caesar Salad lettuce, croutons, egg, cheese                    | \$ 5.50 |
| E Sweet Chilli Chicken lettuce, tomato, cheese, sc mayo          | \$ 6.00 |
| E Ham & Garden Salad <i>GF</i>                                   | \$ 6.00 |
| E Chicken & Garden Salad <i>GF</i>                               | \$ 6.00 |
| E Chicken Caesar Salad   | \$ 6.00 |
| E Egg & Garden Salad <i>GF</i>                                   | \$ 6.00 |

Choose any dressing : Caesar, Italian, Mayo, French



Register For Online Ordering  
[Flexischools.com.au](https://flexischools.com.au)



## DRINKS

|   |         |
|---|---------|
| E Water   | \$ 2.00 |
| E Popper Juice Apple, Orange, ABC                     | \$ 2.40 |
| E Plain Milk  | \$ 2.40 |
| E Oak Milk Chocolate, Strawberry                      | \$ 3.00 |
| E Glee Grape, Watermelon Sour, Tropical, Blackcurrant | \$ 3.30 |
| E Groove Watermelon, Raspberry                        | \$ 3.30 |
| E Up N Go Chocolate, Vanilla                          | \$ 3.50 |
| E Ice Tea Peach, Raspberry                            | \$ 4.50 |
| E Aloe Vera Grape                                     | \$ 4.50 |
| E Hot Chocolate                                       | \$ 2.50 |

## FRESH FRUIT

|  |         |
|--|---------|
| E Fruit Pieces Apple, Mandarin, Watermelon Slice, Seasonal | \$ 1.50 |
| E Frozen Oranges Snack Pack                                | \$ 2.30 |
| E Watermelon Bowl  | \$ 5.50 |
| E Fruit Salad Bowl Seasonal Fruits                         | \$ 6.00 |



## ICE COLD TREATS

99% JUICE

|                                       |         |
|---------------------------------------|---------|
| E Frozen Juice Cup Apple, Orange, ABC | \$ 1.60 |
| E Fruity Ices Assorted Flavours       | \$ 0.70 |
| E Sour Snap Stix Assorted Flavours    | \$ 1.00 |

**Ice Cold Treats Are Not Put In Your Lunch Order Bag**

Ask your child to take the lunch bag to the canteen  
and collect it during their lunch break

## YOGHURT

|                          |         |
|--------------------------|---------|
| E Vaalia Yoghurt Vanilla | \$ 3.80 |
|--------------------------|---------|

## EXTRAS

|  |         |
|--|---------|
| E Sauce Portions BBQ, Tomato                             | \$ 0.50 |
| E Salad Extras Tomato, Beetroot, Carrot, Cucumber, Onion | \$ 0.60 |
| E Cheese Slice, Shredded                                 | \$ 0.60 |
| E Chicken, Ham, Egg                                      | \$ 1.00 |

## HOT BITES

|   |                                  |     |         |
|---|----------------------------------|-----|---------|
| O | Chicken Nuggets 100% Breast      | x 1 | \$ 0.95 |
|   |                                  | x 4 | \$ 3.60 |
|   |                                  | x 6 | \$ 5.00 |
| E | Chicken Wings Hot & Spicy        |     | \$ 1.80 |
| O | Mini Spring Roll Veg             |     | \$ 1.20 |
| E | Corn Cob                         |     | \$ 1.50 |
| E | Hash Brown GF Veg                |     | \$ 1.50 |
| E | Garlic Bread                     |     | \$ 3.00 |
| E | Cheese & Bacon Roll              |     | \$ 3.20 |
| E | Hot Dog with tomato or BBQ sauce |     | \$ 3.90 |
| O | Gluten Free Chicken Nuggets GF   | x 1 | \$ 1.00 |
|   |                                  | x 4 | \$ 3.80 |
|   |                                  | x 6 | \$ 5.40 |

## NOODLE CUPS

|   |              |         |
|---|--------------|---------|
| O | Chicken      | \$ 3.50 |
| O | Beef         | \$ 3.50 |
| O | Oriental Veg | \$ 3.50 |
| O | Tom Yum      | \$ 3.50 |

**Noodle Cups Are Not Put In Lunch Order Bag**

Ask your child to take the lunch bag to the canteen and collect it during their lunch break



## BURGERS

|   |   |         |
|---|---|---------|
| E | Chicken lettuce & mayo                                  | \$ 5.50 |
| E | Chicken & Cheese BBQ sauce                              | \$ 5.50 |
| E | Hot & Spicy Chicken lettuce & mayo                      | \$ 5.90 |
| E | Beef Burger beef & tomato sauce or BBQ sauce            | \$ 5.50 |
| E | Cheese Burger beef, cheese & tomato sauce               | \$ 5.90 |
| E | Aussie Beef beef, lettuce, tomato, beetroot & BBQ sauce | \$ 5.90 |



## PASTA & RICE

|   |                             |         |
|---|-----------------------------|---------|
| E | Butter Chicken GF with rice | \$ 4.80 |
| E | Pasta Bolognese beef sauce  | \$ 4.80 |
| E | Creamy Chicken Pasta        | \$ 4.80 |
| E | Fried Rice Veg              | \$ 4.80 |
| E | Macaroni Cheese Veg         | \$ 5.50 |
| E | Lasagna beef                | \$ 5.50 |



## TOASTED WRAPS

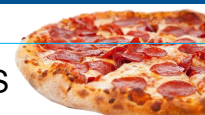
|   |  |         |
|---|--|---------|
| E | Cheese Toasted Wrap                      | \$ 2.70 |
| E | Ham & Cheese Toasted Wrap                | \$ 4.00 |
| E | Chicken, Cheese & BBQ Toasted Wrap       | \$ 5.70 |
| E | Sweet Chilli Chicken Toasted Wrap cheese | \$ 5.70 |

## SNACKS

|   |                                     |         |
|---|-------------------------------------|---------|
| E | Popcorn GF                          | \$ 1.00 |
| E | Pancake                             | \$ 1.20 |
| O | Brownie                             | \$ 1.20 |
| O | Chips 27g                           | \$ 2.50 |
| O | Piranha Rice Snaps GF vege crackers | \$ 3.00 |
| O | Jelly Bowl GF                       | \$ 2.00 |
| O | Banana Bread                        | \$ 3.00 |
| O | Muffin chocolate                    | \$ 4.20 |

## HOMEMADE PIZZAS

|   |                    |         |
|---|--------------------|---------|
| E | Cheese Veg         | \$ 4.40 |
| E | Ham & Cheese       | \$ 5.20 |
| E | Pepperoni & Cheese | \$ 5.20 |



## MEXICAN NACHOS

|   |                                   |                |         |
|---|-----------------------------------|----------------|---------|
| O | Beef Nachos GF beef sauce         | add cheese 50c | \$ 5.40 |
| O | Cheesey Nachos GF cheese sauce    |                | \$ 5.40 |
| O | Vegetarian Nachos GF tomato salsa | add cheese 50c | \$ 5.40 |

## GLUTEN FREE FAVOURITES

|   |   |                                     |
|---|---|-------------------------------------|
| E | Butter Chicken with rice                    | \$ 4.80                             |
| E | Macaroni & Cheese Pasta Veg                 | \$ 5.50                             |
| E | Beef Lasagna                                | \$ 5.90                             |
| E | Vegetarian Lasagna                          | \$ 5.90                             |
| O | Nachos - Beef or Vegetarian or Cheese Sauce | \$ 5.40                             |
| O | Chicken Nuggets                             | x 1 \$ 1.00 x 4 \$ 3.80 x 6 \$ 5.40 |

Many More Gluten Free Items Are Marked "GF" On The Menu

Write "Gluten Free" On Your Lunch Bag

## PIES & PASTRIES

|   |   |     |         |
|---|---|-----|---------|
| O | Party Pie                               | x 1 | \$ 1.70 |
|   |   | x 3 | \$ 5.00 |
| O | Sausage Roll                            |     | \$ 4.00 |
| O | Meat Pie                                |     | \$ 5.00 |
| O | Potato Pie potato top with beef filling |     | \$ 5.50 |
| O | Spinach & Ricotta Roll Veg              |     | \$ 5.50 |