

Canteen Creations

GF – Gluten Free
HM – Home Made
E – Contains Egg

SNACKS

	Arrowroot Biscuit	\$0.10c
GF	Air-popped Popcorn	\$0.50c
GF	Hard Boiled Egg	\$0.50c
GF	Fresh Seasonal Fruit	\$0.50c
HM	Anzac Cookie	\$0.80c
	Melon Melody – <i>Rock Melon, Watermelon & Honey Dew</i>	\$1.00
GF	Fresh Fruit Tub	\$1.00
GF	Apple Slinkie	\$1.00
E	Muffin – <i>Blueberry, Plain</i>	\$1.20
	Red Rock Chips – <i>Honey Soy, Sea Salt</i>	\$1.20

SANDWICHES

All sandwiches made on wholemeal bread

	Buttered Bread (2 slices)	\$1.00
	Vegemite	\$1.50
	Tomato & Cheese	\$2.00
	Ham	\$2.50
	Egg & Mayo	\$2.50
	Roast Chicken Meat	\$3.00
	Salad <i>Lettuce, Tomato, Cucumber, Beetroot, Carrot</i>	\$3.50
	B.L.T. – <i>Bacon, Lettuce, Tomato</i>	\$3.50

Sandwich Additions – Extra Fillings

<i>Cheese, lettuce, tomato, cucumber, beetroot or carrot</i>	Add	each	\$0.30c
<i>Ham or Egg</i>	Add	each	\$0.60c
<i>Chicken</i>	Add		\$0.80c
<i>Toasted</i>	Add		\$0.50c
<i>Gluten Free Bread</i>	Add		\$0.50c
<i>Roll or Wrap</i>	Add		\$0.50c

SALAD BOWLS

	Garden Salad		
GF	<i>lettuce, tomato, cucumber, beetroot & carrot</i>	\$3.50	
	Garden Salad w/- Ham or Chicken	\$4.50	
	Dressings		
	Balsamic, Italian, Caesar	Each	\$0.20c

HOT FOOD

	Sauce Sachet – BBQ, Tomato	Each	\$0.30c
	Chicken Fingers	Each	\$0.60c
	Garlic Bread		\$0.70c
	Pasta Bowl	Small	\$1.00
		Large	\$3.00
HM	Chicken & Sweetcorn Soup		\$2.00
	Lalita Special <i>3 Chicken Fingers, Wrap & Sauce</i>		\$2.50
		Plain	\$3.00
	Wedges	w/- Cheese	\$3.50
		w/- Sweet Chilli & Sour Cream	\$3.50
	Chicken Tenderloin Wrap	Small	\$3.00
	w/- lettuce & mayo	Large	\$4.50
HM	Chicken Fried Rice w/- Chicken, Omelette, Veg & Soy		\$4.50

PICNIC PACK - \$6.00

Your choice of:-

- A red or green apple
- Plain or Blueberry Muffin
- Popper or a bottle of cold water
- Vegemite, Cheese, Ham or Salad Sandwich

Covers
Recess
&
Lunch

*To be
picked
up at
11am*

FROZEN

HM, GF	Orange Quarter	\$0.10c
HM, GF	Pineapple & Coconut Bite	\$0.20c
	Quelsch Stick	\$1.00
	Vanilla Ice Cream Tub	\$1.00
	Frozen Yoghurt - Mango, Strawberry	\$1.60

DRINKS

Drinks can be pre-ordered but must be picked up from the canteen by presenting the lunch order bag.

	Water 600ml	\$1.00
	Milk 200ml - Plain	\$2.00
	Warm or Cold Milo - Lunchtime Only	\$1.00
	Popper - assorted flavours	\$1.80
	Oak Milk	\$2.00
	Chocolate, Strawberry, Banana	
	Milkshake - Lunchtime Only	\$2.00
	Chocolate, Strawberry, Vanilla	

MIGHTY MONDAY LUNCH
Bolognese Jaffle Pocket \$4.00

TRICKY TUESDAY LUNCH
Mini Lamb Koftas (3) w/-
Minted Yoghurt Dip \$4.00

SUPER SUSHI WEDNESDAY
(available Wednesday recess only) \$1.00
Refer to the Newsletter for the weekly flavour!

**** Please add 5c when lunch order is not written out on a paper bag ****

Order lunches online (or cancel pre-orders) before 8:30am at www.flexischools.com.au