

Canteen only operates Monday, Tuesday, Thursday & Friday

On-line orders Flexischools: www.flexischools.com.au

DAILY SPECIALS			
MONDAY HOT DOG DAY	TUESDAY SUSHI & FRIED RICE DAY	THURSDAY BAKED SPUD DAY	FRIDAY PASTA DAY
Raspberry & White Choc Muffin \$1.50	Sushi Roll (Tuna, Chicken or Vegie) \$2.50	Baked Potatoes with Sour Cream & Cheese \$3.00	Pasta bake with meat sauce* \$4.00
Hot Dog \$3.50	With Soy Sauce add .20 (each)	with Baked Beans add .50	Veg Pasta bake* \$3.50
with Tomato Sauce add .20 (each)	Fried Rice (Vegetarian & Gluten Free) \$4.50	with Coleslaw add .50	*add cheese 0.50
	Chicken & Vegie Rice Salad \$4.50	Tuna/Corn/Mayo Mix add \$1.50	Macaroni Cheese bake \$3.50

(Note: All pasta selections available Gluten Free on request)

AVAILABLE EVERY CANTEEN DAY		
MYO SANDWICHES	MYO SALAD BAR	HEALTHY SNACKS
<p>1. Choose your bread</p> <p>Wholemeal \$2.50</p> <p>White \$2.50</p> <p>Gluten Free \$3.50</p> <p>Wrap \$3.00</p> <p>Wholemeal Roll \$3.00</p> <p>White Roll \$3.00</p> <p>2. Toasted</p> <p>Please indicate and add .50</p> <p>3. Choose your fillings</p> <p>Butter -</p> <p>Vegemite -</p> <p>Mayonnaise -</p> <p>Chicken \$1.50</p> <p>Ham \$1.50</p> <p>Tuna Mix (w corn & mayo) \$1.50</p> <p>Tinned Tuna \$1.50</p> <p>Avocado .50</p> <p>Sliced Cheddar Cheese .50</p> <p>Tomato .50</p> <p>Cucumber .50</p> <p>Grated Carrot .50</p> <p>Cos Lettuce .50</p> <p>Diced Beetroot .50</p> <p>Red Capsicum .50</p> <p>CONTAINERS \$0.50</p> <p>PAPER BAGS \$0.10</p> <p>UNLESS EITHER PROVIDED</p>	<p>1. Choose your leaves</p> <p>Cos Lettuce \$2.50</p> <p>Spinach \$2.50</p> <p>Rocket \$2.50</p> <p>2. Choose your fillings</p> <p>Chicken \$1.50</p> <p>Ham \$1.50</p> <p>Tuna Mix (w corn & mayo) \$1.50</p> <p>Tinned Tuna \$1.50</p> <p>Avocado \$1.00</p> <p>Feta Cheese \$1.00</p> <p>Grated Cheddar Cheese .50</p> <p>Cucumber .50</p> <p>Grated Carrot .50</p> <p>Diced Beetroot .50</p> <p>Red Capsicum .50</p> <p>Olives .50</p> <p>Cherry Tomatoes .50</p> <p>3. Choose your dressing</p> <p>French Dressing .20</p> <p>Mayonnaise .20 (each)</p>	<p>Fresh Fruit</p> <p>Apple \$1.00</p> <p>Curly Apple \$1.00</p> <p>Watermelon Tub \$1.00</p> <p>Vegetable Sticks</p> <p>Carrot \$1.00</p> <p>Celery \$1.00</p> <p>Red Capsicum \$1.00</p> <p>Dip Crunch Pack* \$3.50</p> <p>Hommus <u>or</u> Tzatziki (please specify)</p> <p>* Comes with Water Crackers & Vegie Sticks</p> <p>TREATS</p> <p>Bakery</p> <p>Anzac Biscuit .60</p> <p>Lamington Square \$1.00</p> <p>Choc Muffin (large) \$1.00</p> <p>Choc Muffin (small) .30 (or 2 for 0.50)</p> <p>Gluten & Dairy Free Muffin \$1.00</p> <p>Snacks</p> <p>Popcorn .50</p> <p>Box of Sultanas .50</p> <p>99% Fruit Tube (dairy free) FROZEN .60</p> <p>Paddle Pop (choc/rainbow or banana) \$1.50</p> <p>Smooze (dairy free) \$1.00</p> <p>Mini Calippos- lemon or Raspberry \$1.00</p> <p>Frozen Fruit Tub – Apple \$1.00</p> <p>Frozen Fruit Tub – Pineapple \$1.00</p> <p>Frozen Pineapple Stick .20 each or 3 for .50</p> <p>Frozen Pineapple Ring .60</p> <p>Frozen Strawberry Yogurt \$2.00</p>

AVAILABLE EVERY CANTEEN DAY

HOT FOOD AND ROLLS	DRINKS	BIRTHDAY TREATS
Rolls Bakers Delight Cheese & Bacon Roll \$3.50 Bakers Delight Cheese Roll \$3.00 Hot Food Baked Bean Cheesie \$4.00 Hot Chicken Roll \$3.50 <i>with Cheese add</i> .50 Beef Pie \$4.00 Cornish Pastie \$4.00 Vegetable Pastie \$4.00 Party Pie \$1.50 Sausage Roll \$3.50 <i>with Tomato Sauce add</i> .20	Plain Milk \$1.50 Flavoured Milk Chocolate \$2.00 Strawberry \$2.00 Vanilla Malt \$2.00 Juice Apple \$2.00 Orange \$2.00	TO BE ORDERED 48 HOURS IN ADVANCE 25 x Paddle Pops \$25.00 OR Decorated Chocolate Cake (serves 25) \$25.00

THERE ARE TWO OPTIONS OF ORDERING A LUNCH ORDER FROM THE CANTEEN:

1. Visit www.flexischools.com.au and register to use the easy online service

Or

2. On a paper bag, write the child's name, class (*i.e.*: 1A, 1B or 1C...) and lunch order.

Notes:

- A 10c fee applies if no bag is provided and a 50c fee if no container is provided*
- Correct money is to be placed in foil or envelope. Please note that no change will be given.
- Lunch orders will be adjusted to match the amount paid (if inadequate money supplied)
- Wholemeal bread and rolls will be used unless white or gluten free is specifically requested

****In order to be kinder to the environment you are encouraged to provide your own labelled containers for Baked Potatoes, Salads & Fried Rice - a 50c additional fee must be included with your order payment if no container is provided.***

Example Order

Jo CITIZEN Grade 4B	
1 x Baked Potato	\$3.00
With Coleslaw	0.50
Container not provided	0.50
Chocolate Milk	2.00
Anzac Biscuit	0.60
Total	\$6.60