

Canteen operates Monday, Tuesday, Thursday & Friday

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

DAILY SPECIALS			
MONDAY HOT DOG & PIE DAY	TUESDAY SUSHI & PIZZA DAY	THURSDAY SUSHI & PIE DAY	FRIDAY PASTA DAY
Hot Dog in Wholemeal Roll \$3.70 <i>with Tomato Sauce add</i> .30 Pies, Pasties & Sausage Rolls and other hot pastries available today. Refer to price list in HOT FOOD below please. GF Options available	Sushi Roll (Tuna, Teriyaki Chicken or Avocado . \$2.70 <i>Soy Sauce</i> .30 Maragrita Pizza (limit of 2 per child) \$3.00	Sushi Roll (Tuna, Chicken, Avocado or Cucumber Soy Sauce \$2.70 <i>Soy Sauce</i> .30 Pies, Pasties & Sausage Rolls and other hot pastries available today. Refer to price list in HOT FOOD below please. GF Options available	Lasagne, Macaroni Cheese, Spaghetti Bolognese \$4.00 Bolognese Arancini Balls (3) \$3.00 Gluten Lasagne Pasta with Meat Sauce & Cheese \$7.00

MYO SANDWICHES	HEALTHY FOOD	TREATS & HOT FOOD
1. Choose your bread Wholemeal \$2.00 White \$2.00 Gluten Free \$2.50 Wrap \$2.50 Wholemeal Roll \$2.50 White Roll \$2.50 2. Toasted .50 Please indicate and add 3. Choose your fillings Butter - Vegemite - Mayonnaise - Chicken \$1.50 Ham \$1.00 Tinned Tuna \$1.00 Sliced Cheddar Cheese .50 Tomato .50 Cucumber .50 Grated Carrot .50 Cos Lettuce .50 CONTAINERS \$0.50 PAPER BAGS \$0.10 UNLESS EITHER PROVIDED (GF) = Gluten Free (V) = Vegetarian	SNACKS: Fresh Fruit Apple \$1.00 Curly Apple \$1.20 Orange Wedges (4) \$1.00 Vegetable Sticks Carrot \$1.00 Cucumber \$1.00 Dip Crunch Pack* \$3.50 Hommus, or Tzatziki (<i>please specify</i>) GLUTEN FREE * Comes with Rice Crackers & Vegie Sticks Tub of Salad \$3.00 Contains Cos Lettuce, Cucumber, tomato & grated carrot: - Add Italian Dressing - Add Grated Cheese .50 - Add Container or .50 - Or Provide your own container .50 Rolls Bakers Delight Cheese & Bacon Roll \$3.50 Bakers Delight Cheese Roll \$3.00 Bakers Delight Large Cheesymite Scroll \$3.80	Hot Food Cheesy Roll \$3.00 Baked Bean Cheesie Roll \$3.50 Hot Chicken Roll \$3.50 <i>with Cheese add</i> .50 Gourmet Pies (Monday & Thursday only) Beef Pie \$4.20 Vegetable Pastie (V) \$4.20 Party Pie \$1.70 Party Pie Triple Pack \$4.50 Gluten free Party Pie (GF) \$1.80 Sausage Roll \$3.80 Gluten Free Sausage Roll (GF) \$3.00 <i>with Tomato Sauce add</i> .30 BAKERY Anzac Biscuit .60 Lamington Square \$1.00 Mini Choc muffin 30c Gluten Free Brownie \$2.00 Snacks Popcorn .50 99% Fruit Tube (<i>dairy free</i>) FROZEN .80 Rainbow or Choc Paddle Pop \$1.50 Lemonade Icy Twist \$1.20 Mango Smooze (<i>dairy free</i>) \$1.00 Mini Raspberry Calippos \$1.00 Frozen Apple Fruit Tub \$1.20 Frozen Pineapple stick .20 each or 3 for .50 Frozen Pineapple Ring .80 Frozen Strawberry Yogurt \$2.00

DRINKS	
Plain Milk	\$1.50
Flavoured Milk	
Oak Chocolate	\$2.20
Oak Strawberry	\$2.20
So Good Soy Milk	\$1.50
Juice	
Apple	\$2.00
Orange	\$2.00

THE PREFERRED OPTION FOR ORDERING A LUNCH ORDER FROM THE CANTEEN IS ONLINE:

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

As a back-up option where you are unable to place an online order we will accept lunch orders in paper bags, in which case you will need to:

1. On a paper bag, write the child's name, class (*i.e.*: 1A, 1B or 1C...) and lunch order. This order needs to be brought to the canteen after the morning bell.

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 Salads & Soups - a 50c additional fee must be included with your order payment if no container is provided.***

Example Order

Jo CITIZEN Grade 4B	
1 x Salad	\$3.00
With Cheese	0.50
Container not provided	0.50
Chocolate Milk	2.20
Anzac Biscuit	0.60
Total	\$6.80