



CANTEEN MENU

Effective TERM 3 2013

Open Monday to Friday from 8:30am
Phone 6205 6757 (canteen manager – Amelia)

Healthier choices

Foods and drinks tagged with the green smiley faces are the best food choices as they contain a wide range of nutrients and are generally low in saturated fat and/or sugar and/or salt. Choosing these foods will help your body get the nutrients it needs to be healthy and happy.

Flexischools - Make ordering easy by using our online ordering service. Go to www.flexischools.com.au to simply click and order! Orders can be made a day ahead. Cut off time for online orders is 9:30am on the day the order is to be supplied.

LUNCH ORDER MENU

The following items are made to order.

(please add 10c if you require a paper bag)

Soup

Varieties include pumpkin, potato & leek, chicken noodle, tomato

With a bread roll

\$3.50

\$4.00

Tortilla Wraps (half size available)

Salad

Lettuce, grated cheese, grated carrot, cucumber and tomato

\$4.00 (half \$2.50)

Ham & Salad

Generous slice of champagne ham and salad

\$5.00 (half \$3.00)

Tuna & Salad

A delicious tinned tuna and salad

\$5.00 (half \$3.00)

Chicken & Salad

Roast chicken meat and salad

\$6.00 (half \$3.50)

**The following sauces are available on request: tomato, BBQ, mayonnaise, tartare, hommus or sweet chilli*

Sandwiches

Jam	\$2.00	Vegemite	\$2.00
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Ham	\$3.00	Chicken	\$3.00
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Tuna 	\$3.00	Cheese 	\$3.00
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Salad 	\$3.00		
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For extra salad add 50c

Burgers (on wholemeal buns/white bun by request)

Hamburger	\$5.50 (plain \$4.50)
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Meat patty, lettuce, tomato, beetroot, cheese and tomato sauce

Cheese burger	\$5.00
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Meat patty, cheese and tomato sauce

Chicken burger	\$5.00
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Chicken breast fillet, lettuce and mayo

Fish burger	\$5.00
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Salmon cake, lettuce and tartare sauce

OVER THE COUNTER SALES

(can also be included in Lunch Orders)

Hot Food

Pizza Slice	\$1.20	Hash Brown	\$1.00
Sausage Roll	\$2.80	Garlic Bread	\$0.70
Dim Sim	\$0.50	Fried Rice (vegetarian)	\$3.50
Chicken Crackle	\$0.70	Spinach & Ricotta Roll	\$3.50
Spring Roll (vegetarian)	\$0.80	Meat Pie & Mash	\$3.50
Corn on Cob 😊	\$1.00	Lasagne	\$4.00
Party Pie	\$1.20	Spaghetti Bolognese 😊	\$4.00
Nachos with Bolognese Sauce	\$4.50	Tomato Sauce	\$0.20
(Vegetarian option available)		Cheese Smiley	\$0.70

Snacks

Pretzels	\$0.05	Fruit 😊	\$0.50
Popcorn 😊	\$0.50	Choc Chip Muffin	\$0.50
Carrot Sticks 😊	\$0.05	Choc Chip Cookie	\$0.20
Rice Cracker Snacks	\$0.50	Milo (hot/cold) 😊	\$1.00

Chips

Smiths Chips Salt & Vinegar	\$2.00		
Red Rock (Sea Salt, Honey Soy Chicken)	\$2.00	Extra Spoon/Fork	\$0.05

Drinks and Frozen Treats

Bottled Water 😊	\$1.00
Small Moove (300ml) (chocolate, strawberry, banana) 😊	\$2.50
Large Moove (600ml) (chocolate, strawberry, banana) 😊	\$4.00
Plain milk HiLo (300ml) 😊	\$1.20
Plain milk with SIPAHH (chocolate, choc-mint, strawberry, banana, cookies & cream) 😊	\$1.70
Fruit box (250ml) (apple, orange, apple & blackcurrant)	\$1.50
Paddle Pop (rainbow, chocolate, banana, vanilla)	\$2.00
Frozen Fruit Stick (assorted flavours)	\$0.60
Freezpop (chocolate, strawberry, vanilla)	\$1.00
Frozen Yogurt (mango, passionfruit, strawberry)	\$2.20
Frozen Juice Cups (apple, apple/blackcurrent, orange)	\$1.00
Up & Go (chocolate, strawberry, vanilla, banana) 😊	\$2.50
(available for purchase before school for breakfast)	

**Bring your bag to the counter during lunchtime to collect frozen items
Please write student's name and class clearly on lunch order bag**

**Please place your order before 9.30am - late lunch orders will only be
filled at the discretion of the manager**