



Canteen

# MENU

14/10/2024



## sandwiches

### Toasted sandwiches

Thickly sliced white or brown bread.  
GF bread +\$1.00

Cheese	\$3.00
Cheese & tomato	\$4.00
Cheese & ham	\$4.00
Cheese, ham & tomato	\$5.00

### Freshly made sandwiches

White or brown bread. GF bread +\$1.00

2 slices plain buttered bread	\$2.50
Cheese	\$3.00
Cheese & tomato	\$4.00
Cheese & ham	\$4.00
Cheese, ham & tomato	\$5.00
Ham	\$3.50
Ham & tomato	\$4.50
Chicken & salad	\$5.00
Salad sandwich / vegetarian	\$5.00
Egg and salad	\$5.00
Tuna Mayo & Cheese	\$5.00

## salads

Gluten free options available.

Egg & feta salad	\$7.30
Couscous salad	\$7.30
Garden salad	\$7.30
Butternut & feta salad	\$7.30
Greek salad	\$7.30
Caesar salad	\$7.30
Grilled chicken salad	\$7.30
Crispy chicken salad	\$7.30
Vegetarian pasta salad	\$7.30
Pesto pasta salad – nut free	\$7.30
Tomato & parmesan pesto pasta salad	\$7.30
Grilled chicken pasta salad	\$7.30
Crispy chicken pasta salad	\$7.30

## hot foods

Sausage roll	\$5.00
Spinach & ricotta roll	\$5.00
<b>Pies</b> Selection of pies available, Gluten free available.	\$5.00
Chicken nuggets	\$4.30
Garlic roll	\$2.80
Homemade pizza scrolls	\$4.80
Potato wedges	\$4.50
<b>Noodle cups</b> Chicken / Beef / Oriental GF Beef/GF Chicken/GF Mi Goreng	\$3.50 \$4.50
Hot dog	\$4.30
Bacon and egg roll GF +\$1.00	\$5.30
Bacon and cheese roll GF +\$1.00	\$5.00
Oven-baked fish & wedges	\$7.30
BBQ Pork ribs & wedges	\$7.30
Gluten free lasagna	\$7.30
Oven-baked chicken wings	\$5.30
Oven-baked chicken wings & wedges	\$7.30
<b>Burgers</b> Beef, chicken or pulled pork. Gluten free option available.	\$7.30
Steak roll GF +\$1.00	\$7.30

## wraps

Gluten free options available.

Salad / vegetarian	\$7.30
Grilled chicken	\$7.30
Crispy chicken	\$7.30
Chicken Caesar	\$7.30
Sweet chilli chicken	\$7.30



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## breakfast

### Toasted sandwiches

Thickly sliced white or brown bread.  
GF bread +\$1.00

Cheese	<b>\$3.00</b>
Cheese & tomato	<b>\$4.00</b>
Cheese & ham	<b>\$4.00</b>
Cheese, ham & tomato	<b>\$5.00</b>

### Hot chocolate **\$2.80**

Available before school, during the second half of recess and the second half of lunch.

### Cappuccino **\$3.60**

Only available to senior students

### Fresh fruit

Apples, bananas and other fruit in season.

### Up & Go **\$3.00**

250ml. Chocolate flavour.

## snacks

<b>Banana bread</b>	<b>\$3.00</b>
<b>Freshly baked muffins</b>	<b>\$3.00</b>
<b>Popcorn</b>	<b>\$2.40</b>
<b>Jelly cup</b>	<b>\$1.50</b>
<b>Red Rock chips</b> Sea Salt	<b>\$2.00</b>
<b>Quelch Juice ice blocks</b> Various flavours	<b>60c</b>
<b>Fresh fruit</b> Apples, bananas and other fruit in season.	
<b>Frozen yoghurt</b> 120ml. Various flavours.	<b>\$2.80</b>

## drinks

<b>Still spring water</b>	<b>\$2.00</b>
<b>Bare Sparkling water</b> 355ml flavoured water. Various flavours. No added sugar.	<b>\$3.00</b>
<b>Groove</b> 350ml sparkling mineral water. Various flavours. No added sugar.	<b>\$2.50</b>
<b>Chill Iced Tea</b> 500ml. Various fruit flavours. No added/Low sugar.	<b>\$3.00</b>
<b>Just Juice</b> Various flavours. No added sugar.	<b>\$2.50</b>
<b>Juice Bomb</b> 250ml carbonated fruit juice. No added sugar.	<b>\$2.50</b>
<b>Carbonated soft drinks</b> Sugar-free. Various flavours	<b>\$3.00</b>
<b>Flavoured milk - 500ml</b> Chocolate / Strawberry / Iced Coffee	<b>\$4.00</b>
<b>Flavoured milk - 300ml</b> Chocolate / Strawberry / Iced Coffee	<b>\$2.80</b>
<b>Up &amp; Go</b> 250ml. Chocolate flavour.	<b>\$3.00</b>
<b>Blastade</b> Various flavours.	<b>\$3.50</b>
<b>Hot chocolate</b> Available before school, during the second half of recess and the second half of lunch.	<b>\$2.80</b>
<b>Cappuccino</b> Only available to senior students before school.	<b>\$3.60</b>

## daily home-cooked lunch

See Flexischools for meal options of the day **\$7.30**

Recess and Lunch orders can be placed online via Flexischools. Recess and lunch orders can also be placed at the canteen window before school and during Recess. The cut-off for Recess orders is 9AM and the cut-off for Lunch orders is 10AM. The canteen also accepts cash and eftpos payments.

[www.flexischools.com.au](http://www.flexischools.com.au) or download the Flexischools app (on the Apple Store or Google Play)