



Canteen

# MENU

30/04/2025



## sandwiches

### 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>

### Freshly made sandwiches

White or brown bread. GF bread +\$1.00

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

## salads

Gluten free options available.

Egg & feta salad	<b>\$7.50</b>
Couscous salad	<b>\$7.50</b>
Garden salad	<b>\$7.50</b>
Butternut & feta salad	<b>\$7.50</b>
Greek salad	<b>\$7.50</b>
Caesar salad	<b>\$7.50</b>
Grilled chicken salad	<b>\$7.50</b>
Crispy chicken salad	<b>\$7.50</b>
Vegetarian pasta salad	<b>\$7.50</b>
Pesto pasta salad – nut free	<b>\$7.50</b>
Tomato & parmesan pesto pasta salad	<b>\$7.50</b>
Grilled chicken pasta salad	<b>\$7.50</b>
Crispy chicken pasta salad	<b>\$7.50</b>

## hot foods

<b>Sausage roll</b>	<b>\$5.50</b>
<b>Spinach &amp; ricotta roll</b>	<b>\$5.50</b>
<b>Pies</b> Selection of pies available, Gluten free available.	<b>\$5.50</b>
<b>Chicken nuggets</b>	<b>\$4.50</b>
<b>Garlic roll</b>	<b>\$3.00</b>
<b>Homemade pizza scrolls</b>	<b>\$5.00</b>
<b>Potato wedges</b>	<b>\$4.50</b>
<b>Noodle cups</b> Chicken / Beef / Oriental GF Beef/GF Chicken/GF Mi Goreng	<b>\$4.00</b> <b>\$5.00</b>
<b>Hot dog</b>	<b>\$4.50</b>
<b>Bacon and egg roll</b> GF +\$1.00	<b>\$5.50</b>
<b>Bacon and cheese roll</b> GF +\$1.00	<b>\$5.00</b>
<b>Oven-baked fish &amp; wedges</b>	<b>\$7.50</b>
<b>BBQ Pork ribs &amp; wedges</b>	<b>\$7.50</b>
<b>Gluten free lasagna</b>	<b>\$7.50</b>
<b>Oven-baked chicken wings</b>	<b>\$5.50</b>
<b>Oven-baked chicken wings &amp; wedges</b>	<b>\$7.50</b>
<b>Burgers</b> Beef, chicken or pulled pork. Gluten free option available.	<b>\$7.50</b>
<b>Steak roll</b> GF +\$1.00	<b>\$7.50</b>

## wraps

Gluten free options available.

Salad / vegetarian	<b>\$7.50</b>
Grilled chicken	<b>\$7.50</b>
Crispy chicken	<b>\$7.50</b>
Chicken Caesar	<b>\$7.50</b>
Sweet chilli chicken	<b>\$7.50</b>



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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

**\$3.00**

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

### Cappuccino

**\$3.80**

Only available to senior students

### Fresh fruit

Apples, bananas and other fruit in season.

### Up & Go

**\$3.50**

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>\$2.50</b>
<b>Jelly cup</b>	<b>\$1.50</b>
<b>Red Rock chips</b> Sea Salt	<b>\$2.20</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>\$3.50</b>
<b>Groove</b> 350ml sparkling mineral water. Various flavours. No added sugar.	<b>\$2.80</b>
<b>Chill Iced Tea</b> 500ml. Various fruit flavours. No added/Low sugar.	<b>\$3.50</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>\$4.20</b>
<b>Flavoured milk – 300ml</b> Chocolate / Strawberry / Iced Coffee	<b>\$2.80</b>
<b>Up &amp; Go</b> 250ml. Chocolate flavour.	<b>\$3.50</b>
<b>Hot chocolate</b> Available before school, during the second half of recess and the second half of lunch.	<b>\$3.00</b>
<b>Cappuccino</b> Only available to senior students before school.	<b>\$3.80</b>

## daily home-cooked lunch

See Flexischools for meal options of the day **\$7.50**

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)