

# SCHOOL CANTEEN

## Breakfast

### DRINKS

- Popper 100% Juice** *E*  
Apple, Orange, Apple Blackcurrant
- Water** 600ml *E*
- Orchy 100% Juice** Apple or Orange *E*
- Iced Tea** 500ml Peach or Raspberry *O*
- Aloe Vera** 500ml Grape *O*
- Plain Milk** 300ml *E*
- Flavoured Milk** 300ml *E*  
Chocolate, Strawberry, Vanilla
- Up N Go** 250ml *E*  
Chocolate, Strawberry, Vanilla
- Hot Chocolate** *E*

### FRESH FRUITS

- Apple** *E*
- Banana** *E*
- Mandarin** *E*
- Watermelon Bowl** Regular *E*
- Fruit Salad Bowl** Regular *E*
- Grapes in a Bowl** Regular *E*
- Fruit Salad Bowl** Large *E*

### CEREALS

- Corn Flakes** *E*
- Coco Pops** *E*
- Rice Bubbles** *E*

- Jelly Bowl** Fat Free *E*
- Custard Bowl** Low Fat Vanilla *E*
- Grapes & Custard Bowl** *E*
- Custard & Jelly Bowl** *E*
- Vaalia Yoghurt** Low Fat Vanilla *E*
- Toast** Assorted Spreads *E*
- Fruit Toast** *E*
- Hash Brown** *O*
- Cheese Rocket Wrap** *E*
- Cheese & Bacon Roll** *O*

## Crunch & Sip

Available Before School Starts



- Bottle Water 600ml • Apple**  
Plus Choose One Of
- Banana
  - Mandarin

### SANDWICHES WHITE, WHOLEMEAL, GLUTEN FREE

- Vegemite or Jam or Honey** *E*
- Cheese** *E*
- Ham** *E*
- Ham & Cheese** *E*
- Roast Chicken** *E*
- Tuna** *E*
- Ham & Salad** *E*
- Roast Chicken & Cheese** *E*
- Salad** *E*
- Ham, Cheese & Tomato** *E*
- Egg & Lettuce** *E*
- Ham, Cheese & Salad** *E*
- Roast Chicken, Lettuce & Mayo** *E*
- Roast Chicken, Cheese & Tomato** *E*
- Roast Chicken & Salad** *E*
- Tuna & Salad** *E*
- Gluten Free Bread**

### WRAPS

- Cheese Rocket** Melted Cheese *E*
- Pizza Rocket** *E*  
Ham or Chicken, Cheese, Pizza Sauce
- Kids Special** *E*  
Chicken Breast, Lettuce, Mayonnaise
- Salad** *E*  
Lettuce, Tomato, Cucumber, Beetroot, Carrot
- Caesar** *E*  
Lettuce, Bacon, Egg, Cheese, Croutons
- Roast Chicken** *E*  
Pulled Chicken Breast, Lettuce & Mayonnaise
- Roast Chicken Salad** *E*  
Lettuce, Tomato, Cucumber, Beetroot, Carrot
- Sweet Chilli** *O*  
Sweet Chilli Chicken Tenders, Lettuce, Mayo
- Chicken Caesar** *E*  
Chicken Breast, Lettuce, Bacon, Egg, Cheese, Croutons

## Fresh Food

### SALAD BOWLS

- Garden** *E*  
Lett, Tomato, Cucumber, Beet, Carrot, Italian
- Caesar** *E*  
Lettuce, Bacon, Egg, Cheese, Croutons, Caesar
- Chicken Caesar** *E*  
Lettuce, Bacon, Egg, Cheese, Croutons, Caesar
- Roasted Pumpkin & Beetroot** *E*  
+ Mixed Lettuce, Fetta Cheese & Red Onion
- Vietnamese Noodles** *E*  
Chicken, Roast Capsicum, Carrot, Cucumber, Onion
- Add to Salad** *E*  
Roast Chicken, Chicken Schnitzel, Ham, Egg, Tuna
- SUSHI ROLLS**
- Tuna** Corn *E*
- California** Crab *E*
- Teriyaki Veges** *E*

### PIZZA & PASTA

- Pizza** Hawaiian or Bacon & Cheese *O*
- Cheese Pizza** Homemade with Pizza Sauce *E*
- Macaroni & Cheese** *E*
- Lasagna** Beef *E*

### RICE & NOODLES

- Butter Chicken** With Steamed Rice *E*
- Chinese Noodles** Chicken & Vegetables *E*

### PIES & SAUSAGE ROLLS

- Party Pie** Low Fat *O*
- Sausage Roll** Low Fat *O*
- Meat Pie** Low Fat *O*
- Potato Pie** Low Fat *O*

### EXTRAS

- Tomato, Beetroot, Cucumber, Carrot
- Sauce Portion (BBQ, Tomato) Cheese, Pineapple

### HOT FAVOURITES

- Chicken Breast Nuggets** Premium *O*
- Fish Finger** *O*
- Vegetarian Spring Rolls** Mini *SDR*
- Corn Cob** *E*
- Hash Brown** *O*
- Garlic Bread** Loaf *O*
- Cheese & Bacon Roll** *O*
- Potato Wedges** Tomato or BBQ Sauce *O*
- Hot Dog** With Tomato Sauce *O*
- Cup of Noodles** Chicken or Beef *O*
- Cup of Noodles** Oriental *O*
- Vegetarian Nachos** Salsa, Cheese *SDR*
- Nachos** Beef Sauce, Cheese *O*

Cup of Noodles are not put in lunch baskets  
You child must collect the noodles from the canteen

## Hot Food

### BURGERS

- Vege Burger** Lettuce, Mayonnaise *E*
- Fish Fillet Burger** *E*  
Lettuce, Mayonnaise
- Aussie Beef** *E*  
Gourmet Beef, Tomato, Lettuce, BBQ Sauce
- Cheeseburger** *E*  
Gourmet Beef, Cheese, Tomato Sauce
- Chicken Burger** *E*  
100% Breast, Lettuce, Mayonnaise

(E) EVERYDAY

(O) OCCASIONAL

(SDR) SPECIAL DIETARY REQUIREMENT



Place lunch orders from your iPhone, iPad or mobile device!

### ONLINE ORDERING

- Available 24 / 7
- Convenient for Parents
- Free Registration

**flexischools**

Register today @  
**Flexischools.com.au**



**healthycanteens**  
.com.au

## Fresh Fruit

### FRESH FRUITS

Apple *E*  
Banana *E*  
Mandarin *E*

Watermelon Bowl Regular *E*  
Fruit Salad Bowl Regular *E*  
Fruit Salad Bowl Large *E*

Frozen Fruit Pieces *E* Assorted From  
Frozen Fruit Bowl Regular *E*  
Grapes in a Bowl Regular *E*

## Cold & Drinks

### DRINKS

Plain Milk 300ml *E*  
Flavoured Milk 300ml *E*  
Chocolate, Strawberry, Vanilla  
Popper 100% Juice 200ml *E*  
Apple, Orange, Apple Blackcurrant  
Iced Tea 500ml Peach or Raspberry *O*  
Aloe Vera 500ml Grape *O*

Water 600ml *E*  
Orchy 100% Juice 350ml *E*  
Apple, Orange  
Mineral Water Quench 350ml *O*  
Blue, Raspberry  
Hot Chocolate *E*

### ICE COLD TREATS

Frozen Orange Juice Cup 100% *E*  
Frozen Apple Juice Cup 100% *E*  
Frozen Apple Blackcurrant Juice Cup 100% *E*  
Frozen Fruit Yoghurt *E*  
Fruity Ice *O*  
Sour Snap Apart *O*  
Paddle Pop *O*

If you place a lunch order, any "Ice Cold Treats" should be collected from the canteen (after the eating period) by your child. We do not put these in the order bags as they melt. Your child does not have to line up.

## Snacks

### SNACKS

Custard Cup *E*  
Jelly Bowl Add Fruit 50c *E*  
Vaaliala Yoghurt Low Fat Vanilla *E*

Brownie *O*  
Chips 28gm Honey Soy *O*  
Piranha Rice Snaps *SDR GF*

Popcorn *E*  
JJ's Chicken Crackers *O*

### VEGETARIAN

Mini Spring Rolls Vegetarian *O*  
Hash Brown *O GF*  
Corn Cob *O*  
Garlic Bread Loaf *O*  
Potato Wedges *O*  
Sushi Roll Teriyaki Vegetable *E*  
Cheese Pizza With Pizza Sauce *E*  
Nachos Tomato Salsa, Cheese *E*  
Macaroni & Cheese *E*  
Lasagna Vegetable *E*  
Vege Burger Lettuce, Mayonnaise *E*

+ Lots More Vegetarian Options On Main Menu

### GLUTEN FREE

Chicken Nuggets *O*  
Lasagna Beef *E*  
Lasagna Vegetable *E*  
Macaroni & Cheese *E*  
Nacho Dippers Beef *E*  
Nacho Dippers Vegetarian *E*  
Sausage Roll *SDR*  
Meat Pie *SDR*  
Ricotta & Vege Roll *SDR*  
Hash Brown *O*  
Potato Wedges *O*  
Garden Salad *E*  
Italian or Caesar Dressing

+ Lots More Gluten Free Options On Main Menu

## Gluten Free & Vegetarian

### GLUTEN FREE

Please write **GLUTEN FREE** on your lunch bag  
Gluten Free Items are more expensive than regular items. In many cases, we are selling these at only slightly above cost price.

More Gluten Free items are on the menu.

### VEGETARIAN

Please write **VEGETARIAN** on your lunch bag if you want the Vegetarian version of the item

More Vegetarian items are on the menu.

# MEAL DEAL

Choose One Main Item  
Choose One Drink  
Choose One Fruit or Crackers

## Choose One :



Garden Salad  
Caesar Salad

Kids Special Wrap  
Salad Wrap

Any Sandwich

(Gluten Free Add \$1)

Sushi Rolls

Tuna, California or Teriyaki Veg

Vegetarian Spring Rolls x 4

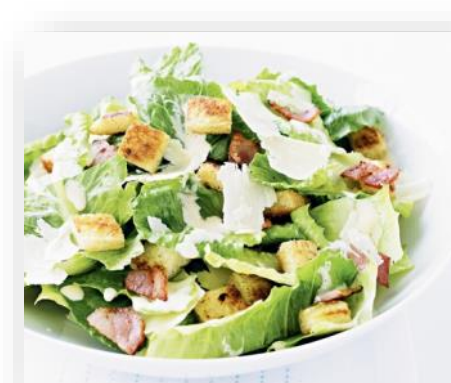
Hot Dog

Any Pizza

Sausage Roll

Meat Pie

Chicken Nuggets x 5



## Choose Any One Of These



Popper 100% Juice  
Apple, Orange or ABC



Bottled Water



Or Choose A  
300ml Milk  
And Add



Add 50c



## Choose Any One Of These



JJ's Rice Crackers



Mandarin (n/a Term 1 & 4)



Banana



Apple