



# CANTEEN MENU 2017

*Healthier Choices...*

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[www.flexischools.com.au](http://www.flexischools.com.au)



# CANTEEN MENU



## All Day Breakfast

Seasonal fresh fruit	\$0.80
Hard Boiled Egg	\$0.80
Yoghurt/Greek	\$3.00
Toast (W/Jam or Vegemite)	\$2.20
Raisin Toast	\$2.80
Egg & Bacon Muffin	\$3.50
Egg, Bacon & Cheese Muffin	\$3.70



## Healthy Snacks

Teriyaki drumstick	\$2.00
Honey soy drumstick	\$2.00
Popcorn	\$1.80
Fruit Salad	\$3.80
Watermelon Tub	\$2.50
Fruit	\$0.80



## Hot Wraps

Sweet Chilli Chicken - Full	\$6.00
Sweet Chilli Chicken - Half (with lettuce, tomato & sweet chilli sauce)	\$3.00
Crumbed Chicken - Full	\$6.00
Crumbed Chicken - Half (with lettuce, tomato & mayo)	\$3.00



## Chilled Wraps

Chicken & Salad - Full	\$6.00
Chicken & Salad - Half	\$3.00
Cheese & Salad - Full	\$5.40
Cheese & Salad - Half	\$2.80
Salad - Full	\$5.00
Salad - Half	\$2.60

## Hot Food

Sweet Chilli Chicken Tender	\$1.80
Crumbed Chicken Tender	\$1.80
Hash Brown	\$1.50
Potato Wedges	\$3.00
Chicken Wedges	\$3.60
Nachos Small	\$2.20
Nachos Large	\$4.20

## Daily Specials

Small \$4.50 Large \$6.00

**Mon** – Carbonara (Vegetarian Available)  
**Tue** – Butter Chicken  
**Wed** – Tandoori Chicken Wrap  
**Thu** – Fish and Chips  
**Fri** – Spaghetti Bolognese  
 (V)\* Vegetarian Available



Other Home Style Daily specials\*  
(For sale by walk in only)

**Not all available every day**

*Thai green curry, Thai Beef Salad, Risotto, Beef crockpot, Chicken drumsticks wedges & salad, Fettuccini, Carbonara, Lasagne, Roast Beef & Vegetables, Fried Rice, Bolognese, Roast pumpkin & chick pea salad, Italian meatballs, Shepherd's pie, Asian style chicken sausage rolls, Spinach and ricotta rolls, And more!*

Check College News page, App and Facebook for weekly specials and availability.

\*To ensure variety, these meals will constantly be changed and new items regularly added. No fixed days will be used. Where items are popular they may move to the regular daily specials list the next term.

## Vegetarian

Sushi	\$3.20
Burger	\$4.00
Pizza	\$4.10
Wraps	From \$2.80
Nachos	\$4.20

## Gluten Free

Toasted Sandwiches	\$4.50
Chicken Drumstick	\$2.00
Chicken Nuggets	\$4.40
Chicken Tender	\$2.00
Banana Bread	\$3.00
Chocolate Slice	\$3.00



## Sandwiches

All \$4.00

A variety of sandwiches are available.

Standard salad is lettuce, tomato, carrot and cucumber.

Please ask for your favourite filling.

All are available on your choice of wholemeal, multigrain or white bread.

Rolls add \$0.40

Toasted add \$0.30



## Salad Bar

Chicken Caesar Sml	\$4.50
Chicken Caesar Lrg	\$6.00
Garden Salad (+Egg) Sml	\$4.00
Garden Salad (+Egg) Lrg	\$5.50



## Sushi

Single \$3.20 Combo \$6.20



Teriyaki Chicken  
 Avocado  
 Chicken & Avocado  
 Tuna & Avocado  
 Tuna

## Rice Paper Rolls



Sweet Chilli Chicken \$4.00  
 Chicken \$4.00  
 Vegetarian \$4.00  
 Chicken Teriyaki \$4.00

## Pizzas

Meat Lovers	\$4.30
Hawaiian	\$4.30
BBQ Chicken & Bacon	\$4.30
Vegetarian	\$4.10
Cheese & Garlic	\$4.60



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## Snacks

Garlic Bread - Sml	\$1.60
Garlic Bread - Lrg	\$3.20
Red Rock Chips	\$2.20
Smith's Chips	\$2.20
Grainwaves	\$2.20
GF Piranha Honey Soy	\$2.00

## Hot Rolls

Hot Dog	\$3.50
Hot Dog with Cheese	\$3.80
Works Hot Dog	\$5.00

## Homemade

Muffin - Sml	\$1.00
Muffin - Med	\$2.50
(Assorted Flavours)	
Cookie	\$3.00
Brownie	\$3.00
Jelly Cup	\$2.00
Jelly & Custard	\$2.50
Custard Cup	\$2.50
Chocolate Mousse	\$2.50

## Hot Drinks

Small - \$4.00	Large - \$4.50
Tea	
Coffee	
Cappuccino	
Latte	
Hot Chocolate	
Mocha, Chai & Caramel	
Syrup add \$0.20	
Soy Milk & Decaf Coffee	
Add \$0.50	
Green Tea, Peppermint,	
Chamomile and English	

## Burgers

Hamburger	\$3.70
Cheeseburger	\$4.00
Vegetarian	\$4.00
Chicken Schnitzel	\$4.50
Chicken Zinger	\$4.80
Grilled Chicken	\$4.50
Fish Burger	\$4.60



Feel free to pop in to place an order, or for a tea, coffee or chat any time between 7.30 am to 1.45pm (Mon & Fri) or 4.00pm Tue, Wed & Thurs

The friendly canteen staff are always happy to help you order your child's lunch at the canteen. The preferred method of payment is online at [www.flexischools.com.au](http://www.flexischools.com.au)

You can visit the canteen and do a paper bag order and pay over the counter by cash or Eftpos.

In an emergency you can order by phone with credit card payment on 5585 9930.

## Pies & Pastries

Snack Beef Pie	\$2.50
Homemade Sausage Roll	\$3.40
Cheese & Spinach Roll	\$3.00
Cruiser Beef Pie	\$4.00
Potato Pie	\$4.20

## Cold Drinks

Mini Water 250ml	\$1.50
Water 600ml	\$2.50
Water 750ml	\$3.00
Krazy Lemon - Sml	\$2.20
Krazy Lemon - Lrg	\$3.60
Flavoured Milk - 300ml	\$3.00
Flavoured Milk - 500ml	\$4.00
Flavoured Milk - 750ml	\$5.00
LOL	\$2.30
Poppers	\$2.30
Quench Small	\$2.50
Quench Large	\$3.30
Up & Go	\$2.60
Focus - Sml	\$2.50

## Extras

A variety of ice blocks & sorbets are also available for walk in only





*Summer is here...*

Enjoy a refreshing drink with  
a freshly baked muffin

Tuesday, Wednesday,  
Thursday  
To 4:00pm

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