



Term 1 MENU 2018

Allstars Canteen
62538373

HOT FOOD

Snack Pie	\$1.00
Meat Pie H GF	\$4.50
Sausage Roll H	\$3.50
Spinach and Ricotta Roll	\$3.50
Beef Burger	\$5.00
Grilled Chicken Burger	\$5.00
Vegie Burger H	\$5.00
Sweet Chilli Chicken Wrap H	\$5.00
Mex Chicken Salsa Wrap	\$5.00
Noodles small	\$2.00
Chicken Nuggets (5) H GF	\$4.00
Wedges Oven Baked	\$5.00
Fish n Wedges Oven Baked	\$6.00
Pizza Ham, Cheese & Pineapple	\$4.00
Mini Bolognese Sub	\$2.00
Hash Brown	\$1.00

PASTA - order only

Beef Bolognese GF	\$3.50sm	\$6.00Lg
Creamy Vegetable GF	\$3.50sm	\$6.00Lg
Beef Lasagne	\$4.00	
Vegetarian Lasagne	\$4.00	
Mac 'N Cheese	\$4.00	

SANDWICHES/WRAPS – order only

GF bread available	
Bread Roll add	\$0.50
Vegemite (Sandwich only)	\$1.50
Cheese	\$1.50
Cheese and Tomato	\$2.00
Ham or Chicken Salad	\$4.00
Cheese Salad	\$3.50
Salad	\$3.00
(Variations available on request)	

SNACKS

Carrot/Celery Sticks with humus	\$2.00
ANZAC Biscuit	\$0.50
Freshly Baked Muffin	\$1.00
Fresh Fruit	\$1.00
Pretzels	\$1.50
Popcorn GF Air popped	\$0.20
Potato Curls Chicken or Burger GF	\$1.50
Sakata Rice Snacks GF	\$1.00
Vaalia Yoghurt	\$2.00
Frozen Yoghurt Swirl	\$2.00
Paddle Pop Chocolate or Rainbow	\$2.00
Slushy Assorted fruit flavours	\$2.00
Frozen Fruit Juice Sticks Assorted	\$0.50
Frozen Pineapple Rings	\$0.30
Custard Cup low fat	\$1.00
Cheese Stick Stringer low fat	\$0.70

SAUCES

French, Tartare, BBQ, Tomato, Sweet Chilli	\$0.25
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SALADS - order only

Mixed Salad – small	\$3.00
Chicken or Egg Salad	\$6.00

DRINKS

Lightly Flavoured Mineral Water	\$3.00
Water 600ml	\$2.00
Fruit Juice 250ml	\$2.00
Plain Milk 300ml	\$2.00
Lite Choc/Strawberry 300ml	\$3.00
Iced Coffee (Seniors only)	\$3.00
Vanilla Malt (Seniors only)	\$3.00
Hot Chocolate	\$2.00

H – Halal GF – Gluten Free options are available where listed. These items must be ordered so they can be kept separate from the other prepared foods

How to Order:

Online at www.flexischools.com.au

You will need to place 2 individual orders for B1 and B2. A fee of 25c is charged for each order.

Alternatively, write order on a paper bag with name, class and whether B1 or B2 clearly marked and money inside. The Canteen has bags you can use and also an EFTPOS machine if you don't have cash.

For adults we have Pod Coffee or Tea
(Decaf available) \$3.00sm \$4.00lg

ACT Health has partnered with Nutrition Australia ACT to implement the **National Healthy School Canteen Guidelines** through Canteen Fresh ACT

