



Term 1 MENU 2019

Allstars Canteen
62538373

HOT FOOD (order only)

Beef Bolognaise GF	G \$3.50sm	G \$6.00Lg
Creamy Vegetable GF	G \$3.50sm	G \$6.00Lg
Beef Lasagne		A \$4.50
Vegetarian Lasagne		A \$4.50
Mac 'N Cheese		A \$4.50
Pizza (Ham, Cheese & Pineapple)		A \$4.00
Vegie Burger H		A \$5.00
Fish n Wedges Oven Baked		A \$6.00
Toasty Cheese/tomato		G \$3.00
Italiano Bolognaise/cheese		G \$4.00
Mexi Chicken/salsa/cheese		G \$4.00

HOT FOOD

Snack Pie		A \$1.00
Meat Pie H GF		A \$4.75
Sausage Roll H		A \$3.75
Spinach and Ricotta Roll		A \$3.75
Beef Burger		G \$5.00
Grilled Chicken Burger		A \$5.00
Tandoori Chicken Wrap H		A \$5.00
Mex Chicken Salsa Wrap		G \$5.00
Noodles small		A \$2.00
Chicken Nuggets (5) H GF		A \$4.00
Wedges Oven Baked		A \$5.00
Mini Bolognaise Sub		G \$2.50
Hash Brown GF		A \$1.00

WRAPS etc (order only)

Salad filled Wrap	G \$3.00
Add Fresh chicken	G \$4.00
Cheese	G \$4.00
Tuna	G \$4.00
Egg	G \$4.00
Vegemite Sandwich	A \$1.50
Cheese Sandwich	G \$1.50
Cheese/tomato Sandwich	G \$2.00
All wraps available on sandwich bread	
Bread roll add 50c	
GF bread add 50c	

SNACKS

Carrot/Celery Sticks with humus	G \$2.00
ANZAC Biscuit	A \$0.50
Freshly Baked Muffin	A \$1.00
Fresh Fruit Apple, Banana	G \$1.00
Pretzels	A \$1.50
Popcorn GF Air popped	G \$0.20
Potato Curls Chicken GF	A \$1.50
Sakata Rice Snacks GF	A \$1.00
Vaalia Yoghurt	G \$2.00
Frozen Yoghurt Swirl	A \$2.00
Paddle Pop Chocolate or Rainbow	A \$2.00
Slushy Assorted fruit flavours	A \$2.00
Frozen Fruit Juice Sticks Assorted	A \$0.50
Frozen Pineapple Rings	G \$0.50
Custard Cup low fat	G \$1.00
Cheese Stick Stringer low fat	G \$0.70
Watermelon Slice	G \$0.20
Sauces French, Tartare, BBQ, Tomato, Sweet Chilli	\$0.25

SALADS (order only)

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

DRINKS

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

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.

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

G – Green Approved

A – Amber Approved