



Term 4 MENU 2019

Allstars Canteen
62538373

Lunch orders can be placed via
www.flexischools.com.au before 9am each morning.
You will need to place 2 individual orders for B1 and B2.

EFTPOS Available

Following the **National Healthy School Canteen Guidelines** through Canteen Fresh ACT

G - Green Approved **A** - Amber Approved

SNACKS (All Gluten Free)

Boiled Egg	G \$0.50
Bega Cheese Stick	G \$1.00
Fresh Fruit (Seasonal)	G \$1.00
Carrot/Celery Sticks with humus	G \$2.50
Vegie Rainbow Bag	G \$2.50
Vanilla Yoghurt - Squeeze	G \$2.00

Treats

Raisin Bread	G \$2.00
Popcorn Air popped GF	G \$0.20
ANZAC Biscuit	A \$0.50
Freshly Baked Muffin	A \$1.00
Pretzels	A \$1.50
Potato Curls Chicken GF	A \$1.50
Sakata Rice Snacks GF	A \$1.00
Frozen Yoghurt Swirl	A \$2.00
Paddle Pop	A \$2.00
Slushy GF	A \$2.00
Frozen Fruit Juice Sticks GF	A \$0.50
Frozen Pineapple Rings GF	G \$0.50
Custard Tub (Foil Top) GF	A \$1.50

DRINKS

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

SANDWICHES AND SALADS Sandwich Wraps

Vegemite Sandwich	A \$2.00	
Cheese Sandwich	G \$2.00	
Cheese & tomato	G \$2.50	
Salad	G \$3.50	G \$4.50
Chicken & Salad	G \$4.00	G \$5.00
Tuna & Salad	G \$4.00	G \$5.00
Egg & Salad	G \$4.00	G \$5.00
Chicken Avocado Lettuce	G \$4.50	G \$5.50

Multigrain and Gluten Free bread available

Toasted

Cheese & tomato	G \$3.00
Italian Bolognese/cheese	G \$4.00
Mexi Chicken/salsa/cheese	G \$4.00

SALAD TUBS

Mixed Salad - small	G \$3.00
Chicken Salad	G \$6.00
Egg Salad	G \$6.00
Tuna Salad	G \$6.00

Please note: Frozen items and Hot Chocolate will no longer be available in lunch orders

HOT FOOD

Corn Cob	G \$0.50
Snack Pie	A \$1.00
Meat Pie	A \$4.50
Sausage Roll (Halal available)	A \$3.50
Spinach and Ricotta Roll	A \$3.50
Beef Burger	G \$5.00
Grilled Chicken Burger	A \$5.00
Mex Chicken Salsa Wrap	G \$5.00
Chicken Nuggets(5)(Halal & GF Available)	A \$4.00
Wedges Oven Baked	A \$5.00
Mini Bolognese Sub	G \$2.50
Hash Brown (GF Available)	A \$1.00

HOT FOOD - Lunch order only

Beef Bolognese Pasta (GF Available)	G \$3.50
Beef Lasagne	A \$4.50
Vegetarian Lasagne	A \$4.50
Mac 'N Cheese	A \$4.50
Vegie Burger (Halal)	A \$5.00
Sauce Sachets	\$0.25

VALUE PACKS - Lunch orders only

Sandwich Pack

Cheese with a Choc or Strawberry milk	G \$4.50
Vegemite with a Choc or Strawberry milk	A \$4.50

Roll Pack

Sausage or Spinach & Ricotta Roll	A \$6.50
- Choice of Pretzels or potato curls	
- Choice of Water or Juice	

Nugget Pack

Nuggets - Regular, Halal or Gluten Free	A \$6.00
- Choice of Corn Cob or ANZAC biscuit	
- Choice of Water or Juice	

Italian Pack

Beef Lasagne or Vegie Lasagne	A \$7.00
- Choice of Sakata or Piece of Fruit	
- Choice of Water or Juice	

Salad Pack

Chicken, Egg or Tuna Salad Tub	G \$7.00
- Choice of Water or Juice	