



# Term 1 Menu

2022

0455542936

Lunch orders can be placed via [www.flexischools.com.au](http://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	<b>G</b> \$0.50
Bega Cheese Stick	<b>G</b> \$1.00
Fresh Fruit (Seasonal)	<b>G</b> \$1.00
Carrot/Celery Sticks with hummus	<b>G</b> \$2.50
Veggie Rainbow Bag	<b>G</b> \$2.50
Vanilla Yoghurt – Squeeze	<b>G</b> \$2.00

## Treats

Raisin Bread	<b>G</b> \$2.00
Popcorn Air popped <b>GF</b>	<b>G</b> \$0.20
ANZAC Biscuit	<b>A</b> \$0.50
Freshly Baked Muffin	<b>A</b> \$1.00
Pretzels	<b>A</b> \$1.50
Peckish	<b>A</b> \$1.00
Frozen Yoghurt Swirl	<b>A</b> \$2.00
Paddle Pop	<b>A</b> \$2.00
Frozen Fruit Juice Sticks <b>GF</b>	<b>A</b> \$0.50
Frozen Pineapple Rings <b>GF</b>	<b>G</b> \$0.50
Custard Tub (Foil Top) <b>GF</b>	<b>A</b> \$1.50
Slushy <b>GF</b>	<b>A</b> \$2.00

## DRINKS

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

## Order Only

<b>SANDWICHES AND SALADS</b>	<i>Sandwich</i>	<i>Wraps</i>
Vegemite Sandwich	<b>A</b> \$2.00	
Cheese Sandwich	<b>G</b> \$2.00	
Cheese & tomato	<b>G</b> \$2.50	
Salad	<b>G</b> \$3.50	<b>G</b> \$4.50
Chicken & Salad	<b>G</b> \$4.00	<b>G</b> \$5.00
Tuna & Salad	<b>G</b> \$4.00	<b>G</b> \$5.00
Egg & Salad	<b>G</b> \$4.00	<b>G</b> \$5.00
Chicken Avocado Lettuce	<b>G</b> \$4.50	<b>G</b> \$5.50

## Multigrain and Gluten Free bread available

## Toasted

Cheese & tomato	<b>G</b> \$3.00
Chicken/Cheese/Mayo	<b>G</b> \$4.00

## SALAD TUBS

Mixed Salad – small	<b>G</b> \$3.00
Lettuces, tomato, cucumber, carrot	
Extra: Onion, Beetroot each	<b>G</b> \$0.25
Avocado	<b>G</b> \$0.50
Chicken Salad	<b>G</b> \$6.00
Egg Salad	<b>G</b> \$6.00
Tuna Salad	<b>G</b> \$6.00

## HOT FOOD

Corn Cob	<b>G</b> \$0.50
Snack Pie	<b>A</b> \$1.00
Meat Pie	<b>A</b> \$4.50
Sausage Roll ( <b>Halal available</b> )	<b>A</b> \$3.50
Spinach and Ricotta Roll	<b>A</b> \$3.50
Beef Burger	<b>G</b> \$5.50
(Beef Patty, Lettuces, Tomato sauce)	
Grilled Chicken Burger	<b>A</b> \$5.50
(Chicken, Lettuces, Mayo)	
Chicken Nuggets(5)( <b>Halal &amp; GF Available</b> )	<b>A</b> \$4.00
Wedges Oven Baked (no sauce)	<b>A</b> \$4.00
Chicken/Cheese Flat Grill	<b>G</b> \$2.50
Hash Brown ( <b>GF Available</b> )	<b>A</b> \$1.00

## HOT FOOD – Order only

Beef Bolognese Pasta ( <b>GF Available</b> )	<b>G</b> \$4.50
Pesto Pasta	\$4.00
Butter Chicken with rice ( <b>Halal</b> )	\$4.50
Beef Lasagne	<b>A</b> \$4.50
Vegetarian Lasagne	<b>A</b> \$4.50
Mac 'N Cheese	<b>A</b> \$4.50
Veggie Burger ( <b>Halal</b> )	<b>A</b> \$5.50
Fish and Wedges	\$6.00
Sauce Sachets	\$0.25
Cutlery	\$0.10

## VALUE PACKS – Lunch orders only

### Sandwich Pack

Cheese with a Choc or Strawberry milk	<b>G</b> \$4.50
Vegemite with a Choc or Strawberry milk	<b>A</b> \$4.50

### Roll Pack

Sausage or Spinach & Ricotta Roll	<b>A</b> \$6.50
- Choice of Pretzels or Sakata	
- Choice of Water or Juice	

### Nugget Pack

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

### Italian Pack

Beef Lasagne or Veggie Lasagne	<b>A</b> \$7.00
- Choice of Sakata or Piece of Fruit	
- Choice of Water or Juice	

### Salad Pack

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