

All Stars Canteen Menu

Term 1 2021

0455 542 936

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
Peckish - BBQ/Salt & Vinegar	A \$1.00
Frozen Yoghurt Swirl	A \$2.00
Paddle Pop	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
Slushy GF	A \$2.00

DRINKS

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

SANDWICHES AND SALADS

	<i>Sandwich</i>	<i>Wraps</i>
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 Bolognaise/cheese	G \$4.00
Mexi Chicken/salsa/cheese	G \$4.00

SALAD TUBS

Mixed Salad – small	G \$3.00
Lettuces, tomato, cucumber, carrot.	
Extra: Onion, Beetroot each	G \$.025
Avocado	G \$0.50
Chicken Salad	G \$6.00
Egg Salad	G \$6.00
Tuna Salad	G \$6.00

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

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
Cheese Beef Burger (Home Made) (Beef Patty, Lettuces, Tomato sauce)	G \$5.50
Grilled Chicken Burger (Home Made) (Chicken, Lettuces, Mayo)	A \$5.50
Mex Chicken Salsa Wrap	G \$5.50
(Mexican Spiced Chicken, Lettuces, Cheese, Salsa)	
Chicken Nuggets(5)(Halal & GF Available)	A \$4.00
Wedges Oven Baked (no sauce)	A \$4.00
Chicken/Cheese Flat Grill	G \$2.50
Hash Brown (GF Available)	A \$1.00

HOT FOOD – Lunch order only

Beef Bolognaise Pasta (GF Available)	G \$4.00
Pesto Pasta (Penne, Cheese, Basil, Garlic)	
Beef Lasagne	A \$4.50
Vegetarian Lasagne	A \$4.50
Mac 'N Cheese	A \$4.50
Vegie Burger (Halal)	A \$5.50
Sauce Sachets	\$0.25
Cutlery	\$0.10

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 Peckish(BBQ/Salt & Vinegar)	
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	