



## Term 1 Menu

2023

0455542936

### SNACKS (All Gluten Free)

Boiled Egg	G \$1.00
Bega Cheese Stick	G \$1.00
Fresh Fruit (Seasonal)	G \$1.00
Veggie Rainbow Bag (Seasonal)	G \$3.50

### 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
Frozen Yoghurt Swirl	A \$2.50
Paddle Pop	A \$2.50
Frozen Fruit Juice Sticks GF	A \$0.50
Custard Tub (Foil Top) GF	A \$2.00
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 \$2.50
Lite Plain Milk 300ml	G \$2.00
Lite Milk Choc/Strawberry 300ml	G \$3.00
Iced Coffee (high school only)	A \$3.00

### Order Only

SANDWICHES AND SALADS	Sandwich	Wraps
Vegemite Sandwich	A \$2.50	
Cheese Sandwich	G \$2.50	
Cheese & tomato	G \$3.50	
Salad	G \$4.50	G \$4.50
Chicken & Salad (halal)	G \$5.50	G \$5.50
Tuna & Salad	G \$5.50	G \$5.50
Egg & Salad	G \$5.50	G \$5.50
Chicken Avocado Lettuce (halal)	G \$6.00	G \$6.00

### Multigrain and Gluten Free bread available

### Toasted

Cheese	G \$2.50
Cheese & tomato	G \$3.50
Chicken/Cheese/Mayo (halal)	G \$5.00

### SALAD TUBS

Mixed Salad – small	G \$4.00
Lettuces, tomato, cucumber, carrot	
Extra: Onion, Beetroot each	G \$0.50
Avocado	G \$1.00
Chicken Salad (halal)	G \$7.50
Egg Salad	G \$7.50
Tuna Salad	G \$7.50

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

### HOT FOOD

Corn Cob	G \$1.00
Snack Pie	A \$1.00
Meat Pie	A \$5.00
Sausage Roll (Halal available)	A \$4.00
Spinach and Ricotta Roll	A \$4.00
Beef Burger	G \$6.00
(Beef Patty, Lettuces, Cheese, Tomato sauce)	
Grilled Chicken Burger	A \$6.00
(Chicken, Lettuce, Mayo)	
Chicken Nuggets(5) (Halal & GF Available)	A \$4.00
Wedges Oven Baked (no sauce)	A \$4.00
Chicken/Cheese Flat Grill	G \$3.00
Hash Brown (GF Available)	A \$1.00

### HOT FOOD – Order only

Beef Bolognese Pasta	G \$5.00
Gluten Free Beef Bolognese Pasta	G \$6.00
Pesto Pasta	\$5.00
Butter Chicken with rice (Halal)	\$5.00
Beef Lasagne	A \$5.00
Vegetarian Lasagne	A \$5.00
Mac 'N Cheese	A \$5.00
Veggie Burger (Halal)	A \$6.00
Fish and Wedges	\$7.00
Sauce Sachets	\$0.30
Cutlery	\$0.10

### VALUE PACKS – Lunch orders only

### Roll Pack

Sausage or Spinach & Ricotta Roll	A \$7.00
- Choice of Pretzels or Fruit	
- Choice of Water or Juice	

### Nugget Pack

Nuggets – Regular, Halal or Gluten Free	A \$6.50
- Choice of Corn Cob or Popcorn	
- Choice of Water or Juice	