



Canteen Menu ... 3rd Term 2018

G = Green Food and Drinks Encourages and Promotes Healthy Eating

A = Amber Eat in Moderation

Wednesday and Friday from 8.30am for Morning Tea and Lunch

Save time order online Go to www.flexischools.com.au
Click *Register Now* Enter your email and follow the prompts

Morning Tea

Pre order before school to avoid missing out on your favourite

G	Small Warm Cheese Ball	\$1.00
G	Warm Cheesy Sub	\$1.50
G	Spaghetti + Cheese on Toast	\$1.00
A	Hash Brown	\$1.20

G	1/2 Custard Cup	\$0.50
G	Milk Sipahh	\$2.00
G	Milk Milo 1/2 cup	\$0.50
G	Milk Milo 1/2 cup	\$0.50



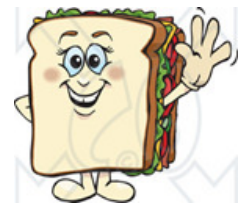
Free fruit is available from the canteen



Everyday Lunch

G	Cheese Quesadilla (Tortilla, cheese, ham, tomatoes – toasted)	\$4.00
G	Homemade Honey & Soy Chicken & Rice	\$4.00
G	Cheese Burger (Add salad on request)	\$4.00
G	Toasted Ham & Cheese	\$4.00
G	Hot Dog with Tomato Sauce	\$4.00
G	Cheesy Sub with Baked Beans	\$2.50
G	Cheesy Sub with Spaghetti	\$2.50
A	Hot Chicken Roll with gravy	\$4.00

G	Ham & Salad Sandwich	\$3.50
G	Vegetemite Sandwich	\$3.50
G	Egg Sandwich	\$3.50
G	Tuna & Salad Wrap	\$4.00



Everyday Drinks

G	Chocolate, Strawberry, or Banana Milk 300 mls	\$2.20
G	Milk Sipahh..... Choose your Favourite at lunch	\$2.00
G	Water	\$1.50
A	Apple, Paradise Punch or Orange Juice	\$1.50

Wednesday Pizza Specials

G	Pizza with Cheese	\$2.50
G	Ham and Cheese	\$3.00
G	Ham, Cheese, Tomato and Pineapple	\$3.50



Friday Specials

A	Party Pie	\$1.50
A	Beef Pie	\$4.00
A	Mrs Mac's Sausage Rolls	\$4.00
A	Tomato Sauce	\$0.50
G	Freshly Baked Muffins	\$1.00