



HOT DAILY SPECIALS

Meatball Monday! \$7.00

Mediterranean meatballs

OR Lebanese falafels

in tomato sugo with melted mozzarella on a milk bun sub or with pasta

Mac'n'Cheez Tuesday! \$6.50

homemade & wholesome (V)

creamy pasta - cheesy sauce - cauliflower

It's Wacky Pizza Wednesday! \$5.00

Roman style crispy foccacia (gf optional)

- Classic Margarita (V)
- Veg Supreme (V)
- Heya Hawaiian
- Chicken Tikka
- Meatlovers with Tangy BBQ sauce

Tex Mex Nacho Box Thursday! \$7.50

Chilli Con Carne (GF) OR

Veggie Blackbean (GF.V)

guacamole - salsa - sour cream cheese - corn chips

Unbeatable Burger FriYay! \$8.50

- Pulled Pork
- Buffalo Chicken
- Veggie Me

crunchy slaw - melted cheese chipotle mayo

Make it a Meal Deal

- Juice Bomb Soda \$3.00
- Italian Garlic Bread \$2.50
- Seasonal Garden Medley \$3.90



SANDWICH BAR

Simple Toasties From \$3.90

whole meal - classic white - gluten-free

- Just cheese
- Ham & tasty cheese
- Tasty cheese & tomato
- Ham, tomato & cheese
- Poached chicken, mayo & avocado

Deluxe Choice From \$6.90

fresh or toasted

Turkish - sourdough - milk bun

- Ham, tomato, cheese, mayo & mixed leaf
- Italian pesto chicken, sundried tomato, spinach & avocado
- Crispy chicken, mayo, mozzarella & lettuce
- Creamy feta, sundried tomato, **new** avo & hommus **try me**
- Mexican Chicken, salsa & spinach



TO ORDER ONLINE

www.flexischools.com.au



SUPER SALAD BAR

Goodness Me \$7.50

Mixed leaf lettuce, cherry tomatoes, cucumber, celery & avocado
with poached chicken & goddess dressing
add creamy fetta \$1.00

Poke Please \$5.90

Japanese rice, cucumber, carrot, edamame, ginger & crunchy veg
with chicken - tuna - veggie surprise
add avocado \$1.50



SUSHI BAR

Nori Rolls \$4.90

- Teriyaki chicken & cucumber
- Tuna blend & cucumber (GF)
 - Crispy Chicken & Lettuce
 - Crispy Cucumber (GF / V)
 - Just avocado (GF / V)
with soy sauce



WRAP & JAFFLES

Wicked Wraps *fresh or toasted*
Snack from \$4.50 Meal from \$6.90

- Ham, tomato, cheese & mixed leaf (GF)
- Poached chicken, mayo & lettuce (GF)
 - Falafel, baby spinach, tomato & hummus (GF)
- Chicken schnitzel, mayo, crunchy slaw & mozzarella

new • Tick Tock Tortilla of the Week **\$7.50**
Caesar - Mexican Chicken - Club

new Jaffles on Turkish \$6.50

- Hawaiian Ham
- Pesto Me Chicken
- The Margarita



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CANTEEN MENU



EVERYDAY LUNCH BAR

Authentic Butter Chicken \$6.90

with winter veg & rice quinoa (GF)

add warm naan bread \$1.50

Chef made Penne Pasta Bolognaise \$7.50

with parmesan & hidden veg (V & GF optional)

House made Soup of the Week from \$5.00

- Roast pumpkin & sour cream (V & GF)
- Hearty vegetable minestrone (V & GF)

-Add ons-

- Sourdough Toast \$2.90
- Garlic Bread \$2.50
- Snack wrap \$3.90

new Warm Popcorn Chicken Noodle Bowl \$7.50

Japanese style soba noodles with Asian slaw
OR mixed leaf, cherry tomato, cucumber & avo
add mozzarella cheese \$1.00

new Warm Greek Mez Plate \$7.50

gluten free pesto pasta, sundried tomato OR
lettuce, sundried tomato, cucumber & avo
(V & GF) with vegan falafels & hommus or
crispy chicken strips
add creamy fetta \$1.00

Simple Pasta from \$4.50

Plain Basmati Rice \$4.50

new Asian Fried Rice \$6.90



EVERYDAY MIND FOODS

Whole Fruit from \$1.00

• Apple • Banana • Grapes

Raspberry Lamington Bliss Ball \$3.50

Seasonal Fruit Plate \$3.90

• All about Orange or
Magical melon, berry & grape

Crispy Freeze Dried Fruits \$3.00

• Mango • Strawberry • Pineapple • Pear

Yoghurt Pot with Toppings \$3.90

- Bursting berry crumble • Tropical trio
- Honeycomb Banana jumble
- Strawberry choc disco

Crackers & Cheese Plate

from \$3.70

- jatz • rice crackers • corn chips
- cream cheese • fetta cheese • tasty cheese
- cherry tomato • cucumber circles • grapes

Crunch & Munch Veg Plate

from \$3.90

- carrot • cucumber • celery
- hummus • guacamole • cream cheese
- sea salt popcorn • veggie chips



CANTEEN MENU



RISE 'N' SHINE

Thick Toast by the slice \$3.90

- berry jam • vegemite • cream cheese \$1
- avocado \$1.50

Blueberry Bagel \$4.00

with cream cheese

Freshly Baked Croissants *from* \$3.70



SOMETIMES SNACKS

Eucalyptus Drops \$1.50

Yogurt Frogs \$2.00

Ovalteenies \$2.20

Yo Yo Bear Raspberry Fruit Roll \$3.00

Strawberry Yogurt Muesli Bar \$3.00

new Natural Chip Co Chips \$2.00

Sea Salt Popcorn \$2.50

Grain waves Sour Cream & Chive \$2.20

new Snaps BBQ Veggie Crisps \$2.50

new Mamee Chicken Noodle Sticks \$1.50



CAFE BAKED TREATS

Cookies from \$3.00

- Choc Chip • Red Velvet
- Smartie • Oreo Kiss & Anzac Biscuit

Freshly Baked Muffin \$4.00

- Loaded fruit • Milky choc milo

Warm Fruit Loaves from \$3.00

- Classic banana • Banana choc chip
- Banana (GF) • Banana Raspberry (GF)

Bites \$2.00

- Marble Brownie (GF) • Mars Caramel

Twin Pack Brownie & Mars \$3.50



HOT PASTRIES & SNACKS

Garlic Bread Baguette \$2.50

Oven baked Hash Browns (2) \$2.50

new Oven Baked Chicken Tenders (2) \$4.90

Gluten Free Chicken Tenders (2) \$5.50

new Dino Snack Chicken Nuggets (5) \$3.90

Snack Sausage Roll \$2.50

Baby Beef Pie \$2.50

Spinach & Cheese Roll \$4.60

coming soon Popcorn Chicken Cup \$4.90
with aioli



CANTEEN MENU



COLD DRINKS

The Juice Farm 250ml \$3.80

- Crisp Apple • Straight OJ • ABC
- Apple & Guava • Go Tropo

Wonky Fruit Fizzy Water 300ml \$3.90

- Watermelon • Peach

Juice Bomb Soda Cans 250ml \$3.50

- Apple Raspberry • Grape • Watermelon

Just Juice Box 200ml \$2.50

- Apple • Paradise Punch • Blackcurrant

OAK Milk Box 250ml \$3.50

- Chocolate • Strawberry

new Sodaly Prebiotic Soda 250ml \$3.90

- Passionfruit • Orange
- Lemon Squash • Raspberry

Famous Soda Zero Sugar 250ml \$3.90

- Pink lemonade

Nu Pure Water 390ml \$2.50



HOT DRINKS

Espresso Coffee Bar

from \$3.70

- Cappuccino • Piccolo Latte
- Flat White • Long Black

Mighty Mocha *from* \$3.70

Kids Creamy Hot Chocolate \$3.50

Vanilla Chai Latte *from* \$3.70

T2 Soothing Teas \$3.50

- Breakfast • Lemon - ginger • Peppermint

Alternative Milks & Syrups +.30

- Oat OR Soy
- Vanilla OR Caramel

Extra +.30c

- Decaf • Extra Shot • Large

Drinks Over Ice 400ml \$4.70

Latte - Chocolate - Chai



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CANTEEN MENU



FRESH JUICE & SMOOTHIE BAR

seasonal Frappe \$5.00

- Melon, Orange & Berry

new Smoothie 400ml \$5.50

- Pink Sunset (DF) • Mad Mango

Shake of the Day 400ml \$5.00

- Chocolate • Vanilla
- Caramel • Mars Bar



ICY TIME

Juicies Frozen Fruit Tubes GF|DF \$3.00

- Wildberry • Lemonade • Tropical
- Orange

Twisted Froyo \$4.20

- Choc Vanilla Swirl • Vanilla Berry Twist
- Watermelon Mango Magic

new Artisan Gelati Cup Of The Week \$3.00

(seasonal special)

Sensational Slushie \$3.00

(summertime only)



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BIRTHDAY CELEBRATIONS

Vanilla & Chocolate Cupcakes
with buttercream icing
(gluten free & dairy free available)

Marble Brownie Squares

Ice Cream Cups

Fairy Bread Triangles

All Birthday orders include a candle
with option to add
• It's My Birthday Badge • Birthday Serviettes

Birthday orders can be collected or delivered to the classroom at recess or lunchtime - 48 hours notice required



THEME DAYS

Queen's Birthday Traditional Scones

SAUSAGE SIZZLE FRIYAY

Homemade Anzac Day Biscuits

SPRINKLE DONUT DAY

Waffle Wednesday

Mother's Day Cupcakes

TACO TUESDAY



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HEALTH RATING SYSTEM

● Green

Great foods for daily consumption balanced item of Energy, Vitamins and Minerals

● Amber

Select carefully energy-based item / combine with a green item for minerals and vitamins

● Red

Only available on special days twice per term, large portion treat foods (Cupcakes/Sweet Pastries)

