



HOT DAILY SPECIALS

Meatball Monday! \$7.50

Mediterranean meatballs

OR Lebanese falafels

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

Mac'n'Cheez Tuesday! \$6.90

homemade & wholesome (V)

creamy pasta - cheesy sauce - cauliflower

It's Wacky Pizza Wednesday! \$5.50

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! \$7.90

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

- Oak Flavoured Milk \$2.50
- 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 & avocado
with poached chicken & goddess dressing
add creamy fetta \$1.00

Poke Please \$6.00

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 schnitzel
 - 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

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

The Jaffle Bar \$6.90

- Happy Hawaiian
- Mighty Margarita
- Pesto Me Chicken



TO ORDER ONLINE
www.flexischools.com.au



EVERYDAY LUNCH BAR

Authentic Butter Chicken \$7.50

with winter veg & rice quinoa (GF)

add warm naan bread \$1.50

Chef made Penne Pasta Bolognese \$7.70

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 & hommous 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 \$1.50

• Apple • Banana • Grapes

Raspberry Lamington Bliss Ball \$3.90

Seasonal Fruit Plate \$3.90

• All about Orange or
Magical melon, berry & grape

Crispy Freeze Dried Fruits \$3.50

• Mango • Strawberry • Pineapple • Pear

Yoghurt Pot with Toppings \$3.90

- Bursting berry crumble • Tropical trio
- Honeycomb Banana jumble
- Just plain

Crackers & Cheese Plate from \$3.90

- 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



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* \$3.90

Savoury Croissant Special \$5.00



SOMETIMES SNACKS

Eucalyptus Drops \$1.70

Ovalteenies \$2.30

Yo Yo Bear Raspberry Fruit Roll \$3.00

Strawberry Yogurt Muesli Bar \$3.00

new Natural Chip Co Chips \$2.20

Red Rock Chips \$2.50

Sea Salt Popcorn \$2.80

Grain waves Sour Cream & Chive \$2.50

new Snaps BBQ Veggie Crisps \$2.80

new Mamee Chicken Noodle Sticks \$2.00



CAFE BAKED TREATS

Cookies *from* \$3.30

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

Freshly Baked Muffin \$4.00

- Loaded fruit • Milky choc milo

Warm Fruit Loaves *from* \$4.00

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

Bites *from* \$2.00

- Marble Brownie (GF) • Mars Caramel



HOT PASTRIES & SNACKS

Garlic Bread Baguette \$2.70

Oven baked Hash Browns (2) \$2.50

new Oven Baked Chicken Tenders (2) \$5.00

Gluten Free Chicken Tenders (2) \$5.50

new Dino Snack Chicken Nuggets (5) \$4.00

Snack Sausage Roll Twin \$5.00

Baby Beef Pie Twin \$5.50

Spinach & Cheese Roll \$4.70

coming soon Popcorn Chicken Cup \$4.90

with aioli



COLD DRINKS

The Juice Farm 250ml \$4.00

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

Wonky Fruit Fizzy Water 300ml \$3.90

- Watermelon • Peach

OAK Milk Box 250ml \$3.70

- Chocolate • Strawberry

Just Juice Box 200ml \$2.70

- Apple • Paradise Punch • Blackcurrant

Nu Pure Water 390ml \$2.70



TO ORDER ONLINE

www.flexischools.com.au

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)