

sandwiches

cheese / vegemite / jam	\$2.00
ham, cheese, tomato & dijon mustard	\$3.40
ham and salad	\$3.90

gourmet rolls & wraps

chicken, cos, avocado & mayo	\$4.20
roast beef, salad & mango chutney	\$4.20
chicken caesar wrap	\$4.20

wellbeing salads & snacks

seasonal fruit cups	from	\$2.60
seasonal fruit pieces	from	\$0.80
yoghurt tubs		\$2.60
vegetarian snack pack		\$2.70
cream cheese dip & crackers		\$2.60



breakfast fare

bacon & egg muffin		\$3.20
toasted sandwiches	from	\$3.60
ham and cheese croissant		\$3.90
pancakes with maple syrup		\$3.50
hashbrowns		\$1.20

hot meals

monday

hamburger with the works	\$4.50
sausage, egg & bacon wrap	\$4.20

tuesday

sausages, mash potato & onion gravy	\$4.50
mexican meatballs with oven-baked wedges	\$4.20

wednesday

tandoori chicken with wedges & sour cream	\$4.50
bbq pork riblet rolls	\$3.50

thursday

chicken kebabs with baked wedges	\$4.50
special fried rice	\$3.50

friday

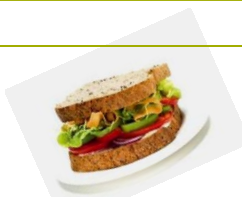
lemon chicken with special fried rice (gf)	\$4.50
homemade pizzas – meatlovers, hawaiian	\$4.00

savoury snacks

mini chicken parmigiana with potato wedges, napoli sauce, & cheese	\$4.50
crumbed fish & wedges	\$4.50
beef lasagne & wedges	\$4.50
sausage roll	\$2.50
traveller pie	\$3.20
shepherd's pie	\$3.30
beef / chicken burger	\$4.00
char-grilled sweet chilli chicken wrap	\$4.40
salsa meatballs & cheese wrap	\$4.40
tandoori chicken & sour cream	\$4.40
cheese burger	\$3.20
works hotdog	\$2.80
garlic bread	\$1.20
baked wedges	\$3.40
chicken wedges	\$3.20
party pies	\$1.20
p/c sauce	\$0.20



egg and lettuce	\$3.30
roast beef & coleslaw	\$3.90
chicken and salad	\$3.90



seasoned chicken breast & salad	\$4.20
shaved ham, salad, & fruit chutney	\$4.20
blt baguette	\$4.20

flaked salmon, baby spinach & ricotta salad	\$4.80
tossed garden salad with fetta (gluten free)	\$4.20
mediterranean roast vegetable salad	\$4.20
caesar salad	from \$3.00
sushi snacks	thurs/fri from \$3.00

sweet treats

jelly cup	\$1.40
mousse	\$1.50
cookies	from \$1.50
byron bay cookies (gluten free)	\$3.00
choc-chip muffins (small)	\$1.80
choc-chip muffins (large)	\$2.50
donuts	\$2.50
cake slice	from \$2.50
red rock deli chips	from \$1.20
jj's chips	\$1.20
frozen juice cup	\$1.20
frozen yoghurt	\$2.40
quelch fruit sticks	\$0.80
sunny-boy	\$1.00
icy pole	\$1.20
billabongs	\$1.30
dixie cups	\$1.80
frosty fruits	\$2.00



beverages

mount franklin water	\$2.60
pump water 400ml	\$2.20
pump water 750ml	\$3.30
pump flavoured water 750ml	\$3.50
juice drink tetrapack	\$1.80
goulbourn valley fruit juice	\$2.80
golden circle lol sparkling juice	\$2.00
plain milk	from \$1.20
flavoured milk	from \$2.20
dare iced coffees	\$3.40
up & go liquid breakfast	\$3.00
powerade	\$3.50
iced tea	\$3.50
flavoured mineral water	\$3.20
glaceau vitamin water	\$3.80
soft-drinks 450ml	\$2.80
fruit slushie	from \$2.00

Breakfast

COMBO DEAL

Bacon & Egg Muffin, Hashbrown & Dare Iced Coffee

\$7.00

Morning Tea

COMBO DEAL

Traveller Pie, Garlic Bread & 450ml Soft-Drink

\$6.50

Lunch

COMBO DEAL

Chicken Caesar Salad Wrap & 600ml Mount Franklin Water

\$6.50



Order Your Lunch The Fun & Easy Way!

Our school canteen uses Online Ordering



- Replaces paper bag orders
- Pre-paid online. No cash required
- Faster and more accurate
- Order in the morning or a week in advance

A parent or guardian will need to register on the website to order from the online menu. Instructions below ..

Registration is easy and free!

Using any PC, go to www.flexischools.com.au

- 1) Click Register Now! and enter your email
- 2) You are emailed a link to the online form.
Choose your own username and password and enter your contact details
- 4) For each child, click "Add a student" and follow the prompts to place an order

You will be required to top-up your pre-paid account. VISA or Mastercard preferred. Standard order fee is 20c per order.

If you need help, please contact flexischools.com.au

Call 1300 361 769

