

CANTEEN MENU

HOT FOOD

GOOD FOOD HERO

Small	\$6.20
Large.....	\$7.20
- Butter Chicken & Rice (Small or Large)	
- Coconut Chicken & Rice (Large Only)	
- Macaroni & Cheese (Small Only)	
Wedges	\$4.50
Add sour cream or sweet chilli sauce	\$0.80
Spinach & Ricotta Roll.....	\$4.50
Nuggets 4pk	\$2.80
Nuggets 6pk	\$4.00
Meat Pie	\$4.50
Sausage Roll	\$4.20
Corn Cob	\$1.20
Garlic Bread	\$3.00
Plain Boiled Rice (Small)	\$3.40
Plain Boiled Rice (Large)	\$4.40
Sweet Chilli Chicken Tenders.....	\$2.30
Gluten-Free Chicken Tenders.....	\$2.40
Gluten-Free Sausage Roll	\$6.30
Gluten-Free Meat Pie	\$7.00
Hash Brown.....	\$1.70
Pizza Wrap: Cheese or BBQ Chicken.....	\$4.50
Sweet Chilli Wrap.....	\$6.00
Gluten Free Sweet Chilli Wrap.....	\$7.00
Various Sauces.....	\$0.40
Bacon & Egg Roll (Breakfast & Recess Only)	\$5.50
Pizza (Wednesday Only)	
-Margarita.....	\$5.50
-Pepperoni or Ham & Pineapple.....	\$6.00

BURGERS

(Includes your choice of salad and sauce)

Beef Burger	\$6.50
Flame Grilled Chicken Burger	\$6.50
Sweet Chilli Tender Burger	\$6.50
Vegetarian Burger	\$6.50
-Add cheese	\$0.50

SALADS

Fruit Salad.....	Small \$4.20.....	Large \$5.20
Pesto Pasta	\$4.50	
-Add Chicken	\$1.70	
Build Your Own Salad.....	\$2.00	
- Add.....	\$0.80ea	
Beetroot, Carrot, Croutons, Cucumber, Lettuce, Feta Cheese, Olives, Onion, Pepitas, Roasted Pumpkin, Sesame Seeds, Tasty Cheese, Tomato		
Egg	\$1.00	
Chicken, Ham or Tuna.....	\$1.70	
Dressing	\$0.80	
Choose from: Aioli, Caesar, Balsamic & Olive Oil, French, Honey Mustard, Italian, Mayonnaise, Ranch.		

SANDWICHES & WRAPS

Honey, Vegemite or Jam	\$3.00
Cheese	\$2.80
Cheese & Tomato	\$3.40
Cheese & Salad	\$4.80
Chicken, Lettuce, & Mayo	\$4.60
Chicken.....	\$4.20
Chicken & Salad.....	\$6.00

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This menu is subject to change. Please refer to Flexischools for the most up-to-date information.

Egg, Lettuce & Mayo	\$4.00
Ham	\$4.20
Ham & Cheese	\$4.40
Ham, Cheese & Tomato.....	\$4.80
Ham & Salad.....	\$6.00
Tuna	\$4.20
Tuna & Salad	\$6.00
Salad	\$4.50
-Toasted	\$0.30
Swap to:	
Bread Roll.....	\$1.00
Wrap	\$0.70
Gluten Free Bread.....\$1.20.....Wrap.....	\$1.50
Plain Bread Roll.....	\$1.50
Chicken Caesar Wrap	\$5.70

SUSHI

Maki Roll.....	\$4.60
Munch Box	\$4.60

SNACKS

Anzac Biscuit.....	\$0.50
Chocolate Brownie...(GF option available).....	\$1.00
Pikelets (2)	\$1.20
Choc Chip Muffin	\$1.00
Popcorn.....	\$1.00
Red Rock Deli Chips	\$2.20
- Sea Salt -Sea Salt & Balsamic Vinegar	
- Honey Soy -Sweet Chilli & Sour Cream	
Yoghurt Pouch.....	\$2.20
Banana Bread.....	\$2.70
Boiled Egg	
In shell	\$1.20
Peeled	\$1.40
Fruit Juice Jelly.....	\$1.00
Cheese Stick	\$1.20
Peckish Rice Crackers	\$1.00
Chocolate Mousse	\$1.00

Vegetable Sticks Carrot or Cucumber.....	\$2.00
Add Dip Avocado or Hummus	\$0.80
Snack Pack	\$3.50
- Includes Rice crackers, Dip and Vegetable Sticks	

DRINKS

Bottled Water 600ml.....	\$2.00
Oak Flavoured Milk	
300ml.....	\$2.80
600ml.....	\$4.20
Lightly Sparkling Mineral Water 500ml.....	\$2.50
Fruit Juice Poppers	\$1.70
Up & Go Chocolate or Strawberry	\$2.80
Flavoured Mineral Water 600ml.....	\$3.50
Glee Sparkling Fruit Juice 250ml	\$2.50
Milkshake: Flavour of the Day	\$4.20
Smoothie Banana or Mango	\$4.50
Hot Chocolate	\$2.00

FROZEN ITEMS

Frozen Juice Cups.....	\$1.00
Frozen Milk Cups	\$1.00
Quelch Sticks	\$0.90
Frozen Fruit: Grapes, Pineapple or Watermelon .	\$0.70
Half Frozen Pineapple Ring.....	\$0.35