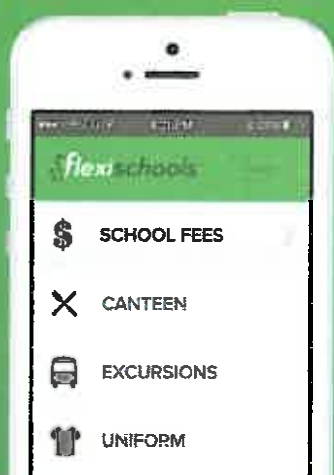


Our canteen is now online with Flexischools!

Register today and purchase lunch from the comfort of home or on the go!



The easiest way
to pay online.

Take advantage of this convenient new service.
Go to flexischools.com.au and click **register**.

◀ LOGIN



REGISTER ▶

 **flexischools**.com.au

REGISTER

- 


1 Go to www.flexischools.com.au and select the **REGISTER** option and enter your email address.
- 


2 You will be sent a registration email. Click on the link in the email to complete the registration.
- 


3 Fill in your details on the Registration Form and click "submit".
- 


4 Add your students, select their school and class.

ORDER

- 

1 Go to www.flexischools.com.au and select the **LOGIN** option. Click on "Start an order" for your student.
- 

2 Select the service you wish to purchase from. You can also set up orders in advance.
- 

3 Add each of your items. Extras and options will appear where relevant to the item.
- 

4 Select your payment option. Pay for the one order or "top up" your account. Complete payment to place order.

Crunch & Sip \$2

Only Available Before School Starts



Bottle Water 600ml
Plus Choose One Of

- Apple
- Banana



Breakfast

COLD

Custard Cup Low Fat Vanilla E	\$ 1.20
Corn Flakes E	\$ 2.20
Coco Pops E	\$ 2.20
Nutri Grain E	\$ 2.20
Custard & Jelly Bowl Low Fat Vanilla E	\$ 3.00
Grapes & Custard Bowl E	\$ 3.00

FRESH FRUITS

Apple E	\$ 1.00
Mandarin E	\$ 1.00
Banana E	\$ 1.20
Watermelon Bowl E	\$ 1.80
Watermelon & Grapes Bowl E	\$ 2.40
Grapes in a Bowl E	\$ 2.40
Fruit Salad Bowl Large E	\$ 4.00

HOT

Toast Assorted Spreads E	\$ 1.00
Hash Brown O	\$ 1.00
Fruit Toast E	\$ 1.00
Cheese Rocket Wrap E	\$ 2.00
Cheese & Bacon Roll O	\$ 2.50

FRESH FRUITS

Apple E	\$ 1.00
Watermelon Slice E	\$ 1.00
Banana E	\$ 1.20

Watermelon Bowl E	\$ 1.80
Watermelon & Grapes Bowl E	\$ 2.40
Fruit Salad Bowl Large E	\$ 4.00

Fresh Fruit

Frozen Orange Wedges E	\$ 0.30
Frozen Fruit Bowl E	\$ 2.40
Grapes in a Bowl E	\$ 2.40

Custard Cup Low Fat Vanilla E	\$ 1.20
Jelly Bowl Add Fruit 50c E	\$ 1.20
Custard & Jelly Bowl E	\$ 3.00
Custard Bowl Low Fat Vanilla E	\$ 2.50
Grapes & Custard Bowl E	\$ 3.00
Yogo Cup Chocolate E	\$ 2.50
Yoghurt Low Fat Vanilla E	\$ 2.70

Watermelon Bowl Regular E	\$ 1.80
Grapes in a Bowl Regular E	\$ 2.40
Popcorn E	\$ 1.00
Brownie O	\$ 1.00
Chips 28gm Honey Soy O	\$ 1.80
JJ's Chicken Crackers O	\$ 1.20
Pizza Buns Homemade Sauce & Cheese E H	\$ 1.50

Snacks

Healthy Snack Daily Special Various E	\$ 0.50
Crunchy Cup Carrot Sticks & Hummus E	\$ 1.50
Cheese Pack Cheese & Jatz Crackers E	\$ 1.50
Calcium Pack E	\$ 3.00
Cheese & Jatz Crackers + Plain Milk 300ml	
Variety Pack E	\$ 2.50
Carrot, Cheese, Crackers, Hummus Dip	

DRINKS

Plain Milk 300ml E	\$ 1.70
Flavoured Milk 300ml Fresh E	\$ 2.30
Chocolate, Strawberry, Vanilla	
Popper 100% Juice 200ml E	\$ 1.70
Apple, Orange, Apple Blackcurrant	
Iced Tea 500ml Peach O	\$ 3.00
Aloe Vera 500ml Grape O	\$ 3.00

Water 600ml E	\$ 1.80
Fruit Shoot 350ml Pop Top E	\$ 1.80
Apple Blackcurrant, Summer Fruits	
Orchy 100% Juice 350ml E	\$ 2.80
Apple, Orange	
Up N Go 250ml E	\$ 2.60
Chocolate, Vanilla	
Hot Chocolate E	\$ 1.50

Cold & Drinks

ICE COLD TREATS

Frozen Orange Juice Cup 100% E	\$ 1.00
Frozen Apple Juice Cup 100% E	\$ 1.00
Frozen Apple Blackcurrant Juice Cup 100% E	\$ 1.00
Fruity Ice O	\$ 0.50
Sour Snap Apart O	\$ 1.00
Frozen Milkshakes Made In The Canteen E	\$ 3.00

If you place a lunch order, any "Ice Cold Treats" should be collected from the canteen after the eating period

VEGETARIAN

Mini Spring Rolls SDR	\$ 0.90
Hash Brown SDR GF	\$ 1.00
Corn Cob E	\$ 1.20
Garlic Bread Loaf SDR	\$ 2.00
Potato Wedges SDR	\$ 2.50
Cup of Noodles Oriental SDR	\$ 3.20
Sushi Roll Teriyaki Vegetable E	\$ 3.50
Cheese Pizza With Pizza Sauce E	\$ 3.50
Nacho Dippers Tomato Salsa, Cheese SDR	\$ 4.80
Macaroni & Cheese E	\$ 4.00
Lasagna Vegetable E	\$ 4.00
Vege Burger Lettuce, Mayonnaise E	\$ 4.20

+ Lots More Vegetarian Options On Main Menu

GLUTEN FREE

Chicken Nuggets SDR	\$ 0.80
Lasagna Beef E	\$ 4.80
Lasagna Vegetable E	\$ 4.80
Macaroni & Cheese E	\$ 4.80
Nacho Dippers Beef SDR	\$ 4.80
Nacho Dippers Tomato Salsa, Cheese SDR	\$ 4.80
Sausage Roll SDR	\$ 4.50
Meat Pie SDR	\$ 4.80
Ricotta & Vege Roll SDR	\$ 4.80
Hash Brown SDR	\$ 1.00
Potato Wedges SDR	\$ 2.50
Garden Salad E	\$ 3.60
Italian or Caesar Dressing	
Piranha Rice Snaps SDR GF	\$ 2.20

Gluten Free & Vegetarian

GLUTEN FREE

Please write **GLUTEN FREE** on your lunch bag

Gluten Free items are more expensive than regular items. In many cases, we are selling these at only slightly above cost price.

More Gluten Free items are on the menu.

VEGETARIAN

Please write **VEGETARIAN** on your lunch bag if you want the Vegetarian version of the item

More Vegetarian items are on the menu.



Place lunch orders from your iPhone, iPad or mobile device!



- Online Ordering
- Available 24 / 7
- Convenient for Parents
- Special Meal Deals Only Available Online



HealthyCanteens.com.au



SCHOOL CANTEEN

Fresh Choices

SANDWICHES WHITE, WHOLEMEAL, GLUTEN FREE

Vegemite or Jam or Honey <i>E</i>	\$ 1.50
Cheese <i>E</i>	\$ 1.70
Ham <i>E</i>	\$ 2.00
Ham & Cheese <i>E</i>	\$ 2.50
Egg or Egg & Lettuce <i>E</i>	\$ 2.50
Salad <i>E</i>	\$ 2.70
Chicken <i>E</i>	\$ 2.90
Tuna <i>E</i>	\$ 2.90
Ham & Salad <i>E</i>	\$ 3.00
Ham, Cheese & Tomato <i>E</i>	\$ 3.00
Chicken & Cheese <i>E H</i>	\$ 3.20
Chicken, Lettuce & Mayo <i>E</i>	\$ 3.30
Ham, Cheese & Salad <i>E</i>	\$ 3.50
Chicken, Cheese & Tomato <i>E</i>	\$ 3.50
Chicken & Salad <i>E</i>	\$ 3.80
Tuna & Salad <i>E</i>	\$ 3.80
Gluten Free Bread	\$ 1.00

WRAPS

Cheese Rocket Melted Cheese <i>E</i>	\$ 2.00
Pizza Rocket <i>E</i>	\$ 3.00
Ham or Chicken, Cheese, Pizza Sauce	
Chicken, Lettuce & Mayo <i>E</i>	\$ 4.20
Salad <i>E</i>	\$ 3.80
Lettuce, Tomato, Cucumber, Beetroot, Carrot	
Sweet Chilli Chicken <i>O</i>	\$ 4.50
Sweet Chilli Chicken Tenders, Lettuce, Mayo	
Chicken Salad <i>E</i>	\$ 4.50
Lettuce, Tomato, Cucumber, Beetroot, Carrot	
Chicken Caesar <i>E</i>	\$ 5.00
Chicken Breast, Lettuce, Bacon, Egg, Cheese, Croutons	

SUSHI ROLLS

Tuna Corn <i>E</i>	\$ 3.50
California Crab <i>E</i>	\$ 3.50
Teriyaki Veges <i>E</i>	\$ 3.50

* The Canteen uses Real Breast Chicken, pulled fresh daily for all of our Sandwiches, Wraps and Salads

SALAD BOWLS

Garden <i>E</i>	\$ 3.60
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Ham <i>E</i>	\$ 4.60
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Caesar <i>E</i>	\$ 4.00
Lettuce, Bacon, Egg, Cheese, Croutons, Caesar	
Tuna <i>E</i>	\$ 5.00
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Chicken <i>E</i>	\$ 5.00
Lettuce, Tomato, Cucumber, Beet, Carrot, Italian	
Chicken Caesar <i>E</i>	\$ 5.20
Lettuce, Bacon, Egg, Cheese, Croutons, Caesar	
Extras Egg <i>E</i>	\$ 1.00

PIZZA & PASTA

Pizza Bacon & Cheese <i>O</i>	\$ 3.20
Cheese Pizza Homemade with Pizza Sauce <i>E</i>	\$ 3.50
Macaroni & Cheese <i>E</i>	\$ 4.00
Lasagna Beef <i>E</i>	\$ 4.00

RICE & NOODLES

Butter Chicken With Steamed Rice <i>E</i>	\$ 4.00
Chinese Noodles Chicken & Vegetables <i>E</i>	\$ 4.00
Chinese Fried Rice Vegetarian <i>E</i>	\$ 4.00

PIES & SAUSAGE ROLLS

Party Pie Low Fat <i>O</i>	\$ 1.20
Sausage Roll Low Fat <i>O</i>	\$ 3.20
Meat Pie Low Fat <i>O</i>	\$ 3.50

HOT FAVOURITES

Chicken Breast Nuggets Premium <i>O</i>	\$ 0.70
Vegetarian Spring Rolls Mini <i>SDR</i>	\$ 0.90
Corn Cob <i>E</i>	\$ 1.20
Hash Brown <i>O</i>	\$ 1.00
Garlic Bread Loaf <i>O</i>	\$ 2.00
Cheese & Bacon Roll <i>O</i>	\$ 2.50
Potato Wedges Tomato or BBQ Sauce <i>O</i>	\$ 2.50
Hot Dog With Tomato Sauce <i>O</i>	\$ 3.00
Cup of Noodles Chicken or Beef <i>O</i>	\$ 3.00
Cup of Noodles Oriental (Vegetarian) <i>SDR</i>	\$ 3.20

EXTRAS

30c: Tomato, Beetroot, Cucumber, Carrot
40c: Sauce Portion (BBQ, Tomato)
50c: Cheese, Pineapple

Hot Food

BURGERS

Chicken <i>E</i>	\$ 4.20
100% Natural Breast Fillet, Lettuce, Mayonnaise	
Chicken & Cheese <i>E</i>	\$ 4.50
100% Natural Breast Fillet, Cheese, BBQ Sauce	
Aussie Beef <i>E</i>	\$ 4.20
Gourmet Beef, Tomato, Lettuce, BBQ Sauce	
Cheeseburger <i>E</i>	\$ 4.20
Gourmet Beef, Cheese, Tomato Sauce	
Fish Fillet <i>E</i>	\$ 4.20
Lettuce, Mayonnaise	
Vegetarian Lettuce, Mayonnaise <i>E</i>	\$ 4.20

Cup of Noodles are not put in lunch baskets
Your child must collect noodles from the canteen

(E) EVERYDAY FOODS (O) OCCASIONAL FOODS (SDR) SPECIAL DIETARY REQUIREMENT

MEAL DEALS

Choose One Main Item
Choose One Drink
Choose One Fruit or Popcorn



CHOOSE ANY ONE OF THESE ITEMS

	Garden Salad Lettuce, Tomato, Cucumber, Beetroot, Carrot	\$ 5.0
	Chicken Breast Nuggets x 4	\$ 5.0
	Hot Dog With Tomato or BBQ Sauce	\$ 5.0
	Sausage Roll	\$ 5.2
	Vegetarian Spring Rolls x 4	\$ 5.2
	Ham & Salad Sandwich	\$ 5.2
	Pizza Homemade Cheese Pizza or Cheese & Bacon Pizza	\$ 5.3
	Caesar Salad Lettuce, Bacon, Egg, Cheese, Crouton, Caesar	\$ 5.3
	Salad Wrap Lettuce, Tomato, Cucumber, Beetroot, Carrot	\$ 5.3
	Meat Pie	\$ 5.4
	Chinese Fried Rice Vegetarian	\$ 5.5
	Sushi Roll Tuna, California or Teriyaki Veg	\$ 5.5

+ Bottle Water 600ml or
Just Juice Popper or
Fruit Shoot Pop Top or
Flavoured Milk (Add 60c)



+ Apple or
Water Melon or
Banana or
Popcorn



\$4
Monday
Tuesday
Wednesday

Choose One Sandwich :

Honey	Jam
Vegemite	Cheese
Ham & Cheese	Ham
Egg & Lettuce	Egg
Or Something Hot :	
Cheese & Bacon Bun	Garlic Bread
Cheese Rocket Wrap	

