

#### **FREE BREAKFAST**

8:40am to 9:00am Toast <u>w</u> Vegemite or Jam

## **HOT FOOD**

Chicken Wrap <u>w</u> lettuce & mayo	\$5.60
Chicken Burger <u>w</u> lettuce & mayo	\$5.60
Pocket Wraps (toasted)	
Cheese	\$3.00
Ham & Cheese	\$4.50
Chicken & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.50
Pizza – Ham & Pineapple	\$4.90
Pizza – Meat Lovers	\$4.90
Spaghetti Bolognese	\$4.90
Macaroni & Cheese	\$4.90
Lasagne	\$4.90
Chicken Nuggets (5)	\$4.50
Meat Pie	\$4.90
Sausage Roll	\$3.50

# **SALAD TUBS**

Salad Tub	\$5.00
(lettuce, tomato, carrot, cucumber, egg)	
Add Chicken or Ham <u>w</u> Salad	\$6.00

# FRESH SANDWICHES OR ROLLS

Vegemite	\$2.50
Jam	\$2.50
Cheese	\$2.50
Cheese & Tomato	\$4.00
Egg	\$4.00
Egg & Lettuce	\$4.20
Ham, Cheese & Tomato	\$4.50
Salad	\$4.50
(lettuce, tomato, carrot, beetroot, cucumbe	er)
Salad & Cheese	\$5.50
Chicken	\$4.00
Ham	\$4.00
Chicken or Ham <u>w</u> Salad	\$5.50
Ham and Cheese	\$4.30

#### **WRAPS**

Salad	\$5.00
Chicken	\$5.50
Ham	\$5.50
Chicken <u>w</u> Salad	\$6.00
Ham <u>w</u> Salad	\$6.00

#### DRINKS

Water – 600ml bottle	\$2.00
Juice – Apple or Orange or	
Apple & Blackcurrant	\$2.20
Flavoured milk – Chocolate or Strawberry	\$2.50

#### **EXTRAS**

Tomato Sauce	\$0.50
BBQ Sauce	\$0.60
Mayonnaise	\$0.50
Italian Dressing	\$0.50

## **SNACKS**

Muffin (Banana or Blueberry)	\$1.20
Fresh fruit (Apple or Banana or Orange)	\$1.00
Watermelon tub (seasonal)	\$2.20
Grain Waves (Sour Cream & Chives)	\$1.50
Red Rock Deli Chips (Seasalt)	\$1.50
Popcorn (Seasalt)	\$1.70
Cookies (each)	\$0.50
Yoghurt tubs	\$2.50
(Vanilla, Strawberry, Banana)	

## **ICECREAMS**

Vanilla Bulla tubs	\$2.00
Paddle pops	\$2.50
(Chocolate, Rainbow, Banana)	
Raspberry/pineapple Calippo	\$2.00
Berry Quenches	\$0.60
Paddle pop icy twist lemonade	\$1.20
Juicies	\$1.80
(lemonade, tropical, wildberry)	
Frozen Mango Cups	\$3.00

#### FLEXISCHOOLS ONLINE ORDERING

<u>www.flexischools.com.au</u> - Lunch orders placed via flexischools must be ordered <u>by</u> 9:00am.

Nb: Prices subject to change

Allergy advice – our products are prepared on equipment that may contain small traces or residue or may have been in contact with allergenic substances such as cereals, gluten, egg and milk products, peanuts and nuts, seeds and soy and their products.