

March 2019

**- CANTEEN MENU -**  
**Tuesday - Friday**

**Daily Recess \*\* Specials \*\***  
These examples change daily  
and prices range from **20c to \$2.50**

Fresh Fruit	Quiches
Popcorn	Pasta Cups
Quesadillas	Noodle Cups
Dim Sims	Biscuits
Jelly Cups	Rice Paper Rolls
Cakes/Muffins	Scrolls
Frittata	Cheese Subs
Yoghurt	Triangle sandwich

**Corn on the Cob** \$0.50

**Pesto Pasta** \$4.00

**Includes** – pasta, cherry tomato, pesto dressing and vegetables

Add chicken \$0.50

**Sandwiches, Toasties and Wraps**

**- Salad Sandwiches -**

served on wholemeal \$4.50

**Includes** - lettuce, tomato, carrot, cucumber, beetroot

**Add choice of meat** - ham, chicken or tuna \$1.00

Egg and Lettuce \$3.00

Vegemite or Cheese \$2.50

Add Cheese to above \$0.50

**- Toasties -**

Any combination of:  
ham, tomato, cheese \$3.50

**- Wraps -**

**Includes** - lettuce, tomato, carrot, cucumber \$4.50

**Add choice of meat** - ham, chicken or tuna \$1.00

**- 1/2 Wrap -**

**Includes** - lettuce, tomato, carrot, cucumber \$3.00

**Add choice of meat** - ham, chicken or tuna \$1.00

**Choice of sauce (for sandwiches and wraps)** - whole egg mayo, basil mayo, sweet chilli mayo

**Add** - cheese \$0.50

**Ham and Cheese Pockets** \$3.00  
Includes- ham, cheese, wrap - toasted

**Burgers** \$4.50

Fish Burger  
Hamburger  
Chicken Burger  
Vegie Burger  
Served with cheese, tomato, beetroot, lettuce

**Choice of sauce** – Tartare, BBQ or tomato sauce or whole egg mayo



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

## Drinks

Water	\$1.30
Flavoured Milk	\$2.00
Nudie Juice	\$2.00
Krazy Lemon	\$2.00

## Frozen

Quelch Ice Block	\$1.00
Ice Monee	\$1.00
Slushie	\$2.00
Frozen Yoghurt	\$2.00



**Want to volunteer in the canteen?  
Let our Canteen Convenor Tam  
know!**

## DAILY SPECIALS

(Available on **that day** only)

### **Tuesday**

Sushi - All **\$3.00**  
Tuna and avocado, salmon and  
avocado, chicken teriyaki and vegie  
All made with brown rice  
(includes soy sauce)

Hot Dog **\$3.00**  
Hot Dog w/cheese **\$3.50**

### **Wednesday**

Bacon and Egg Roll **\$4.00**  
Roast Chicken and Gravy Roll **\$3.50**

### **Thursday**

Macaroni Cheese **\$4.20**  
Lasagne **\$4.20**  
Chicken Tender w/sauce **\$3.00**  
(equivalent to 3 chicken nuggets)

### **Friday**

Beef Pie **\$4.20**  
Gluten Free Pie **\$5.00**  
Sausage Roll **\$3.50**  
Party Pie **\$1.50**  
Spinach and Ricotta Roll **\$3.50**  
Tomato sauce sachet **\$0.20**

## ORDER OPTIONS

**Flexischools- register your child  
online, click and order.**

**Lunch bag (please include)**

- child's name
- class
- lunch order

**Bags can be purchased for 10c**

**Correct money is preferred.**



**Thank you for supporting our  
school P&C Canteen**