

Canteen Menu

Excellence in Education.
Love for Humanity.



COTLEW STREET CAMPUS

Canteen Convenor: Sandra Mendez-Cortes Ph:5556 8324 Mob: 0402 900 822

HOT FOOD

*All reduced fat.
Check Flexischools for weekly specials.*

Dim Sims (3 pieces)	\$2.50
Hot Dog with Sauce (Cheese 30c extra)	\$3.00
Sausage Roll: Four's Twenty (125g)	\$3.00
Party Pie (47g)	\$1.00
Fish Finger (3 pieces)	\$1.80
Pizza (100g)	\$3.80
Spaghetti Bolognese (200g)	\$3.80
Lasagne (200g)	\$3.80
Chicken Pot Noodles (60g)	\$2.50
Chicken Strips (4 pieces)	\$3.50

TOASTIES & BURGERS

Toasted Ham & Cheese Focaccia Round	\$4.50
Toasted Chicken & Cheese Focaccia Round	\$4.50
Chicken Burger	\$4.00

SANDWICHES

White, Multi, Wholemeal or Gluten-Free (on request)

Vegemite	\$1.60
Cheese & Tomato	\$3.20
Egg & Lettuce	\$3.50
Ham & Cheese	\$3.80
Ham, Cheese & Tomato	\$3.80
Tuna & Salad	\$3.80
Chicken & Salad	\$4.00
Chicken Caesar	\$4.00
Chicken, Lettuce & Mayo	\$4.00
Ham & Salad	\$4.00
Chicken & Cheese	\$3.80
Tuna & Mayo	\$3.20

ROLLS & TURKISH BREAD

White, Multi, Wholemeal or Turkish

Chicken Salad Roll	\$4.20
Ham Salad Roll	\$4.20
Ham, Cheese & Tomato Roll	\$4.20
Chicken Caesar on Turkish	\$4.20

WRAPS

Cheese Salad	\$4.00
Chicken Salad	\$4.00
Ham & Salad	\$4.00
Chicken Caesar	\$4.00

SNACK FOOD & FRUIT

Sushi (4 pieces) Available Wednesday only, order must be placed online by 9am Tuesday	\$3.30
Fresh Fruit Salad Tub	\$2.50
Whole Fruit	\$0.80
Watermelon	\$1.00
Apple Slinky	\$1.00
Dried Fruit	\$0.80
Red Rock Crisps (28g)	\$1.20
Veggie Chips (21g Gluten free)	\$1.20
Popcorn Plain	\$1.00
Carrot Sticks	\$0.80
Grain Waves (25g)	\$1.20
Low Fat Yoghurt (160g) Flavour selection online	\$2.00

SALAD TUB

Chicken Caesar	\$4.20
Chicken or Ham Salad	\$4.20
Tuna or Egg Salad	\$4.00
Egg & Salad	\$4.00

ICE CREAMS & ICY POLES

Streets Iced Treats	\$1-1.20
Frozen Fruit Cup (Berri)	\$1.00
Frozen Yoghurt (97% fat free)	\$2.00
• Mango	
• Raspberry	
• Strawberry	

DRINKS

All reduced sugar or no added sugar.

Milk Flavoured (250ml)	\$1.80
<i>Flavour selections online at Flexischools</i>	
Milk Plain (300ml)	\$1.00
Quench: Flavoured Mineral Water	\$2.50
Bottle Water (600ml)	\$1.80
Slushies	\$1.80
Berri Just Juice (200ml)	\$1.50

CANTEEN OPERATIONAL INFORMATION

All lunch orders are via our online ordering service at <http://www.flexischools.com.au/>

Orders close 9am daily.

Additional seasonal specials available online.

If you have any questions about the menu or are able to spare some time to assist in the canteen, please call Sandra on 5556 8324 or 0402 900 822.

Menu items and prices are subject to change.