



HEALTHY CHOICES MENU

2026

MEAL DEALS

- A** Cheese & Ham Sandwich, Muffin +
Large Water/Plain Milk \$ 9.00
- B** Sausage Roll, Muffin +
Flavoured Milk/Fruit Juice \$ 10.00
- C** Spaghetti, Muffin +
Flavoured Milk/Fruit Juice \$ 11.00

HOT FOOD

- Garlic Bread (V) \$ 1.50
- Sausage Roll \$ 4.50
- Pizza (Hawaiian, BBQ Chicken,
Marguerita (V) \$ 4.50
- Hot Dog \$ 4.50
- Hot Dog + Cheese \$ 5.50
- Spaghetti Bolognese (GF \$6.50) \$ 5.50
- Butter Chicken \$ 5.50
- Spinach & Ricotta Roll (V) \$ 5.50
- Chicken OR Beef Burger \$ 6.50
- Chicken Schnitzel Roll \$ 6.50
- Nacho (GF) \$ 6.50

SNACKS

- Popcorn \$ 1.00
- Jumpy's \$ 1.20
- JJ/Red Rock Chips \$ 1.50
- Cheese + Crackers \$ 2.00
- Muffin \$ 2.50
- Carrot Sticks with Dipping Sauce \$ 2.50
- Fresh Fruit Box \$ 3.50

BIRTHDAY TREAT- WHOLE CLASS

- Muffins \$30.00

- Tuckshop Bag/ Cutlery \$ 0.10
- Sauce (Tomato, BBQ, Caesar, Soy) \$ 0.30

* (V) Vegetarian (GF) Gluten free

* EFTPOS minimum \$2.00 at counter

SANDWICHES & WRAPS

*All made on wholemeal unless white is requested. Please add 50c for wrap, roll or toast

- Vegemite/Jam/Honey (V) \$ 3.50
- Ham/Cheese \$ 4.00
- Cheese + Ham \$ 4.50
- Egg + Lettuce (V) \$ 4.50
- Salad (V) \$ 5.00
- Chicken + Avocado \$ 5.00
- Ham + Salad \$ 6.00
- Chicken + Salad \$ 6.00

SALAD BOX

- Caesar Salad \$ 6.50
- Garden Salad (V) \$ 6.50
- Caesar Salad with Chicken \$ 7.50
- Garden Salad with Chicken \$ 7.50
- Garden Salad with Egg (V) \$ 7.50

DRINKS

- Water (small) \$ 1.50
- Water (large) \$ 2.50
- Plain Milk (300ml) \$ 2.50
- Pop Tops Fruit Juice -
Apple, Orange, Apple Blackcurrant \$ 3.00
- Flavoured Milk -
Choc, Strawberry, Vanilla, Banana \$ 3.50

ICE TREATS

- Frozen Orange \$ 0.30
- Berri Quelch \$ 1.00
- Calippo \$ 2.00
- Ice Cream (Bulla) \$ 2.00
- Tasman Bay Juicies \$ 2.00
- Paddle Pop Icy Twist \$ 2.50
- Twist Yoghurt \$ 3.00

- SUSHI (Tuesday & Thursday) \$ 4.50**
Chicken, Tuna, Avocado

Online Ordering via www.flexischools.com.au OR hotline 1300 361 769
VOLUNTEERS ALWAYS WELCOME AND MUCH APPREIATED!
 Call us on 55104315 to find out more