



HEALTHY CHOICES MENU



BREAKFAST

Cup of Milk	\$ 1.00
Cookie	\$ 1.00
Milo	\$ 1.20
Fresh Muffin	\$ 2.00

MEAL DEALS

A Cheese & Ham Sandwich, Muffin + Large Water/Plain Milk	\$7.00
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B Sausage Roll, Muffin + Flavoured Milk	\$ 8.00
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C Spaghetti, Muffin + Flavoured Milk	\$ 9.00
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HOT FOOD

Garlic Bread (V)	\$ 1.00
Sausage Roll	\$ 4.00
Pizza (Hawaiian, BBQ Chicken, Marguerite (V)	\$ 4.00
Hot Dog	\$ 4.00
Hot Dog + Cheese	\$ 5.00
Spaghetti Bolognese (GF option \$6)	\$ 5.00
Butter Chicken	\$ 5.00
Spinach & Ricotta Roll (V)	\$ 5.00
Chicken OR Beef Burger	\$ 6.00
Chicken Schnitzel Roll	\$ 6.00
Nacho (GF)	\$ 6.00

SNACKS

Jelly Cup with Fruit	\$ 1.00
Popcorn/ Jumpy's	\$ 1.00
JJ/Red Rock Chips	\$ 1.50
Cheese + Crackers	\$ 1.50
Muffin	\$ 2.00
Carrot Sticks with Dipping Sauce	\$ 2.00
Fresh Fruit Box	\$ 3.00

HAPPY BIRTHDAY- WHOLE CLASS

Muffins	\$25.00
Slushie	\$35.00
Tuckshop Bag/ Cutlery	\$ 0.10
Sauce (Tomato, BBQ, Caesar, Soy)	\$ 0.30

SANDWICHES & WRAPS

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

Butter	\$ 2.00
Vegemite/Jam/Honey (V)	\$ 3.00
Cheese/ Ham	\$ 3.50
Cheese + Ham	\$ 4.00
Egg + Lettuce (V)	\$ 4.00
Salad (V)	\$ 4.50
Chicken + Avocado	\$ 4.50
Ham + Salad	\$ 5.50
Chicken + Salad	\$ 5.50

SALAD BOX

Caesar Salad	\$ 6.00
Garden Salad (V)	\$ 6.00
Caesar Salad with Chicken	\$ 7.00
Garden Salad with Chicken	\$ 7.00
Garden Salad with Egg (V)	\$ 7.00

DRINKS

Water (small)	\$ 1.00
Water (large)	\$ 1.50
Plain Milk (300ml)	\$ 1.50
Pop Tops Fruit Juice - Apple, Orange, Apple Blackcurrant Flavoured Milk/Up n Go	\$ 2.50
Choc, Strawberry, Vanilla, Banana	\$ 2.50

ICE TREATS

Frozen Orange	\$ 0.20
Fruitie Ice	\$ 0.50
Sour Ice Stick	\$ 1.00
Calippo	\$ 2.00
Slushie	\$ 2.00
Paddle Pop Icy Twist	\$ 2.50
Twist Yoghurt	\$ 3.00

Sushi (Tuesday Only)	\$ 4.00
Chicken, Tuna, Avocado	

*EFTPOS minimum \$2.00 at counter

Online Ordering via www.flexischools.com.au OR hotline 1300 361 769
VOLUNTEERS ALWAYS WELCOME AND MUCH LOVED!