



# CANTEEN MENU

All orders via [WWW.FLEXISCHOOLS.COM.AU](http://WWW.FLEXISCHOOLS.COM.AU) before 9am

## DAILY SPECIALS *[available each week]*

<b>MONDAY</b>	
Chicken Chilli Wrap with Mayo, Lettuce, Cheese & Tomato	\$5.50
<b>TUESDAY</b>	
Meatball Sub – with flame grilled meatballs, Napoli sauce and tasty shredded cheese <b>[NEW]</b>	\$6.00
<b>WEDNESDAY</b>	
Penne Pasta – with neapolitan sauce and cheese <i>[suitable for Vegetarians]</i> <b>V</b>	\$6.00
<b>THURSDAY</b>	
Lamb Souvlaki with lettuce, tomato & Tzatziki or BBQ Sauce	\$6.00
<b>FRIDAY</b>	
Beef Burger with lettuce, tomato, cheese & BBQ or Tomato Sauce	\$6.00

## SOUP **[NEW]**

Bacon and Lentil – Bacon and Lentil soup with a bread roll	\$5.00
Pumpkin – Pumpkin soup with a bread roll <b>V</b>	\$5.00

## HOT FOOD

Beef, Cheese, Bacon Pie	\$4.50
Dim Sim	\$1.00
Gluten Free Meat Pie <b>GF</b>	\$5.00
King size Sausage Roll	\$3.50
Meat Pie	\$4.00
Potato Pie	\$4.50
School Sausage Roll	\$3.00
Traveller Pie	\$3.00
Vegetable Pastie	\$4.50
BBQ Sauce	\$0.30
Tomato Sauce	\$0.30
Falafel Wrap with lettuce, tomato, carrot and mayo OR sweet chilli	\$5.00
Hot Dog with sauce and cheese options	\$3.20
Noodle Cup	\$2.50
Pastie	\$4.00
Vegie Burger with lettuce, tomato and mayo	\$5.50

## SANDWICHES, WRAPS & ROLLS

MAKE YOUR OWN SANDWICH <b>[NEW]</b>	
• Select Bread Type	
• Select Spreads	
• Select the Fillings	
• Plain or Toasted	

<b>Salad Wrap</b> with lettuce, tomato, cucumber, carrot, beetroot, cheese & mayo [suitable for Vegetarians] <b>V</b>	\$2.50
<b>Ham &amp; Salad Wrap</b> with lettuce, tomato, cucumber, carrot, cheese and beetroot	\$3.50
<b>Chicken &amp; Salad Wrap</b> with lettuce, tomato, cucumber, carrot, cheese and beetroot	\$3.50
<b>Chicken Caesar Wrap</b> with cos lettuce, bacon, egg, parmesan cheese & caesar dressing	\$4.00
<b>Chicken Chilli Wrap</b> Chicken Chilli Tender with lettuce, tomato, cheese and mayo <b>GF</b> [NEW]	\$6.50
<b>Gluten Free Chicken Wrap</b> Chicken, lettuce, tomato, cucumber, carrot, cheese and mayo <b>GF</b> [NEW]	\$6.00
<b>Gluten Free Ham Wrap</b> Ham, lettuce, tomato, cucumber, carrot, cheese and mayo <b>GF</b> [NEW]	
Salad Roll [suitable for Vegetarians] <b>V</b>	\$4.00
Chicken & Salad Roll	\$5.00
Ham & Salad Roll	\$5.00

## SALADS

<b>Salad</b> with lettuce mix, tomato, red onion, beetroot, carrot, cucumber, egg & dressing	\$5.00
<b>Chicken Caesar Salad</b> with cos lettuce, bacon, egg, cheese & dressing	\$6.50

## SNACKS

Cheese & Bacon Roll	\$3.00
Cheesymite Scroll [NEW]	\$3.00
Chips – Honey Soy Chicken, Seasalt, Sweet Chilli, Salt & Vinegar	\$2.50
Coffee Scroll	\$3.00
Fruit Salad	\$3.50
House Made Cookies	\$1.00
Iced Doughnut	\$3.00
Slice	\$2.00
Yoghurt – Frozen	\$2.50
Yoghurt – Natural	\$2.50

## DRINKS

Fruit Juice	\$2.00
Nippys Flavoured Milk	\$2.50
OAK Flavoured Milk 300ml	\$2.50
OAK Flavoured Milk 600ml	\$3.50
Water 600ml	\$2.00
Quench 350ml Spring Water with Juice	\$2.00
Quench 600ml Spring Water with Juice	\$3.00
Kyneton Mineral Water 600ml	\$3.50
Iced Tea	\$3.00

## FROZEN FRUITS

Frozen Juices – Orange, Lemonade, Tropical or Wildberry	\$1.50
Heart	\$3.50
Icy Pole – Lemonade	\$1.20
Life Saver	\$2.00
Zooper Dooper	\$0.50