

???NAME OUR CAFE???

*PRICES SUBJECT TO CHANGE

CUT LUNCH		FROM THE OVEN	
Wholemeal bread is used. Gluten Free option is available.			
	Sandwich	Wrap	
Chicken & Salad	\$3.50	\$4.00	Cheesy Tuna Bites with Salad \$3.50
Ham & Salad	\$3.20	\$3.70	Macaroni Cheese (V) \$3.50
Egg & Salad	\$3.20	\$3.70	Pasta Napolitana (V & GF avail) \$3.50
Cheese & Salad	\$3.00	\$3.50	Beef Bolognaise (GF avail) \$3.50
Salad*	\$2.80	\$3.30	Butter Chicken \$3.50
Vegemite	\$2.00	\$2.50	
<u>Extras</u>			
-Cheese -Beetroot		\$0.30ea	<p>OPEN: WEDNESDAYS & FRIDAYS ALL orders via FlexiSchools website BEFORE 8:30am. www.flexischools.com.au Our Canteen cannot successfully run without YOU. If you would like to be involved please contact me via email or the facebook canteen page.</p>
-Mayonnaise (low fat)		\$0.30	
-Tomato Sauce		\$0.30	
<u>Toasted Sandwiches</u>			
Cheese	\$2.90		
Ham	\$3.10		
Ham & Cheese	\$3.40		
Chicken & Cheese	\$3.50		

DAILY SPECIALS

WEDNESDAY	FRIDAY
Beef Burger with salad* & tomato sauce \$4.00	Sushi 5 Piece (order by WEDNESDAY) \$5.00
<u>ADD</u> Cheese & Beetroot \$0.30ea	Teriyaki Chicken, Tuna or Vegetable
Veg-O-Rama , sweet potato pattie with salad* & tomato sauce \$4.00	Mrs Macs Good Eating Cruiser Beef Pie \$4.30
<u>ADD</u> Cheese & Beetroot \$0.30ea	Mrs Macs Good Eating Sausage Roll \$4.00
	Tomato Sauce \$0.30

MEAL DEAL - \$5.50

THIRST QUENCHERS

Choose ONE from each section – main, stix and drink		Water \$1.00
MAIN	Chicken Tender & Salad* wrap (sml)	Plain Milk \$1.60
	Ham & Salad* Wrap	Flavoured Milk \$2.20
	Salad* Wrap	(choc, straw, banana)
STIX	Vegie Stix & Dip	Juice \$2.20
	Apple Slinky	(apple, orange, tropical)
	Frozen Orange	
DRINKS	Juice (randomly chosen)	
	Plain Milk	
	Water	



AFTERNOON RECESS

Not available to Warden Block (kindy & pre-primary)

Apple & Cinnamon Piklets \$0.30	Vegie Stix & Dip \$1.60
4 Apple & Cinnamon Piklets \$1.00	Pizza Muffin \$1.20
Pop Corn \$0.50	Custard & Fruit \$2.00
Hard Boiled Egg \$1.00	Yoghurt & Mixed Berries \$2.00
Apple Slinky \$0.50	Choc Bomb \$1.00

SAFE CHOICE

SOMETIMES

NEVER

*Salad=Lettuce, Tomato, Cucumber & Carrot
 V=Vegetarian, DF=Dairy Free, GF=Gluten Free