

**.B.E.A.C.H. .B.I.T.E.S. .C.A.F.E.**

\*PRICES SUBJECT TO CHANGE

CUT LUNCH		FROM THE OVEN	
Wholemeal bread is used. Gluten Free option is available.			
	<b>Sandwich</b>	<b>Wrap</b>	
Chicken & Salad	\$3.50	\$4.00	Bolognaise (GF avail) \$3.50
Ham & Salad (GF)	\$3.20	\$3.70	Pasta Napolitana (V & GF avail) \$3.50
Egg & Salad	\$3.20	\$3.70	Butter Chicken \$3.50
Cheese & Salad	\$3.00	\$3.50	
Salad*	\$2.80	\$3.30	
Vegemite	\$2.00	\$2.50	
<u>Extras</u>			
-Cheese -Beetroot		\$0.30ea	
-Mayonnaise (low fat)		\$0.30	
-Tomato Sauce		\$0.30	
<u>Toasted Sandwiches</u>			
Chicken & Cheese	\$3.50		
Ham & Cheese	\$3.40		
Ham (GF)	\$3.10		
Cheese	\$2.90		

**OPEN: WEDNESDAYS & FRIDAYS**  
**ALL orders via FlexiSchools website**  
**BEFORE 8:30am.**  
[www.flexischools.com.au](http://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.**

**DAILY SPECIALS**

WEDNESDAY	FRIDAY
Fish Goujons, Vegie Sticks & Fruit \$3.50	<b>Sushi (order by WEDNESDAY) \$5.00</b>
Dino Nuggets, Vegie Sticks & Fruit \$3.50	Chicken Teriyaki, Tuna or Vegie
Cheesy Tuna Bites & Salad \$3.50	
Vegie Pattie & Salad \$3.50	Mrs Macs Good Eating Cruiser Beef Pie \$4.30
	Mrs Macs Good Eating Sausage Roll \$4.00
	Tomato Sauce \$0.30

**MEAL DEAL - \$5.50**

Choose **ONE** from each section – main, stix and drink

MAIN	Chicken Tender & Salad* Wrap (sml)
	Ham & Salad* Wrap (sml)
	Salad* Wrap (sml)
STIX	Pineapple Ring
	Apple Wedges
	Frozen Orange
DRINKS	Juice (apple, orange, tropical)
	Low Fat Plain Milk
	Water

**THIRST QUENCHERS**

Water	\$1.00
Low Fat Plain Milk	\$1.50
Flavoured Milk	\$2.20
(chocolate, strawberry, banana)	
Nudie Juice	\$2.20
(apple, orange, tropical)	



**AFTERNOON RECESS**

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

Apple & Cinnamon Piklets	\$0.30	Watermelon Sorbet	\$1.00
4 Apple & Cinnamon Piklets	\$1.00	Pizza Muffin	\$1.20
Popcorn	\$0.50	Custard & Fruit	\$2.00
Icy Pole (randomly chosen)	\$1.00	Frozen Yoghurt	\$1.00
Apple Wedges	\$0.50	Choc Bomb	\$1.00
Apple Wedges with Sultanas	\$0.80	Cheese & Crackers	\$1.00



\*Salad=Lettuce, Tomato, Cucumber & Carrot  
 V=Vegetarian, GF=Gluten Free  
 Manager: Juanita Nugara