



GOURMET VIEWS

ALL LUNCH ORDERS MUST BE MADE BY 9.30AM. ORDERS CAN BE MADE ON A BROWN PAPER BAG OR ONLINE THROUGH FLEXISCHOOLS www.flexischools.com.au

KEY
 {GF} - Gluten Free
 E - Everyday Foods
 O - Occasional Foods

BREAKFAST

E	FRESH FRUIT	50c
E	MILO (WARM OR COLD MILK)	\$1
E	1 SLICE OF TOAST WITH SPREAD	50c
E	1 SLICE RAISIN TOAST	50c
E	UP & GO (CHOCOLATE, VANILLA OR STRAWBERRY)	\$2
E	YOGHURT	\$1

RECESS ONLY

E	ENGLISH MUFFIN PIZZAS (CANTEEN MADE) HAM & PINEAPPLE, CHEESE, VEGETARIAN, BBQ CHICKEN & HAM	\$1
E	FRITTATAS (CANTEEN MADE) HAM & CHEESE, CHICKEN & CORN	50c
E	PANCAKES (CANTEEN MADE)	50c
E	CORN COBETTE (CANTEEN MADE)	50c
O	FRUIT MUFFINS (CANTEEN MADE)	50c
E	CHEESE & CRACKERS (CANTEEN MADE)	50c
E	AIR POPPED POPCORN (CANTEEN MADE)	50c
E	VEGETABLE STICKS & HUMMUS (CANTEEN MADE)	50c
E	FRUIT SALAD (CANTEEN MADE)	\$1
E	JELLY CUPS (CANTEEN MADE) WITH 99% FRUIT JUICE	50c

SNACKS

O	JJ SNACKS	\$1
O	RED ROCK CHIPS (HONEY SOY OR SEA SALT)	\$1
O	VEGE CHIPS (BBQ) {GF}	\$1

LUNCH - ORDER ONLY

E	ENGLISH MUFFIN PIZZAS (CANTEEN MADE) HAM & PINEAPPLE, CHEESE, VEGETARIAN, BBQ CHICKEN & HAM	\$1
E	LASAGNE {GF}	\$4
E	BOLOGNAISE PASTA	\$4
E	MACARONI & CHEESE	\$4
E	THAI FRIED RICE & CHICKEN	\$4
E	BUTTER CHICKEN & RICE	\$4
O	CHICKEN NOODLE CUP	\$2
O	3 PACK CHICKEN NUGGETS {GF}	\$1.50
O	6 PACK CHICKEN NUGGETS {GF}	\$3
O	LARGE MEAT PIE {GF}	\$3
O	SAUSAGE ROLL	\$2.50
O	PARTY PIES (2 MAX PER PERSON)	\$1
O	TOMATO OR BBQ SAUCE	30c
E	CHICKEN BURGER (CANTEEN MADE) WITH LETTUCE, TOMATO & SAUCE OR MAYO	\$3.50
E	BEEF BURGER (CANTEEN MADE) WITH LETTUCE, TOMATO & SAUCE {GF}	\$3.50
E	CHEESE BURGER (CANTEEN MADE) WITH BEEF, CHEESE & TOMATO SAUCE {GF}	\$3.50

FROZEN TREATS - LUNCHTIME ONLY

O	VANILLA ICE CREAM CUP	\$1
E	QUELCH ICE BLOCKS	50c
E	FROZEN YOGHURT CHOC/VANILLA TWIST	\$2
E	FROZEN 99% FRUIT JUICE CUP	50c

SANDWICHES & SALADS - ORDER ONLY

E	RICE PAPER ROLLS (2 PER SERVING) CHICKEN, LETTUCE, CUCUMBER & CARROT	\$3
E	HAM SANDWICH	\$2
E	SALMON OR TUNA SANDWICH WITH LETTUCE	\$2.50
E	HAM & CHEESE TOASTIE	\$2.50
E	HAM & SALAD ROLL OR WRAP	\$3
E	CHICKEN & SALAD ROLL OR WRAP	\$3
O	SWEET CHILI CHICKEN WRAP WITH LETTUCE & AIOLI	\$3.50
E	SALAD BOX WITH LETTUCE, TOMATO, CUCUMBER, CARROT & BEETROOT	\$3
E	CAESAR SALAD WITH COS LETTUCE, HAM, CHEESE, CROUTONS, EGG & DRESSING	\$3
	ADD CHICKEN OR HAM	\$1

DRINKS

E	SPRING WATER	\$1
E	99% FRUIT JUICE (APPLE, ORANGE OR APPLE & BLACKCURRANT)	\$1
E	SPARKLING DRINK (MANGO, STRAWBERRY OR WATERMELON)	\$1.50
E	JUICE BOMB (LIME, RASPBERRY, BLACKCURRANT OR WATERMELON)	\$1.50
E	OAK LIGHT MILK (CHOCOLATE, STRAWBERRY)	\$2
E	SIPAH STRAW WITH GLASS OF MILK	50c

THIS MENU ADHERES BY THE NSW HEALTHY SCHOOLS CANTEEN STRATEGY.