### SANDWICHES

**AVAILABLE IN WHITE OR MULTIGRAIN**

<table>
<thead>
<tr>
<th>Wrap Add 0.50c TO SANDWICH PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread and Butter</td>
</tr>
<tr>
<td>Vegemite, Jam or Devon</td>
</tr>
<tr>
<td>Tomato or Cheese</td>
</tr>
<tr>
<td>Tuna or Egg</td>
</tr>
<tr>
<td>Leg Ham, Chicken or Salmon</td>
</tr>
<tr>
<td>Salad Sandwich</td>
</tr>
<tr>
<td>Lettuce Tomato, Cucumber, Beetroot &amp; Carrot</td>
</tr>
<tr>
<td>Salad with Devon or Cheese</td>
</tr>
<tr>
<td>Salad with Tuna or Ham</td>
</tr>
<tr>
<td>Salad with Chicken or Salmon</td>
</tr>
</tbody>
</table>

EXTRAS – Including Toasting $0.40

### SALAD

<table>
<thead>
<tr>
<th>Bowl</th>
<th>Box</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Fruit Salad Cup</td>
<td>$2.50</td>
</tr>
<tr>
<td>Garden Salad</td>
<td>$3.00</td>
</tr>
<tr>
<td>- With Devon or Ham</td>
<td>$3.50</td>
</tr>
<tr>
<td>- With Salmon or Chicken</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chicken Caesar Salad</td>
<td>$4.50</td>
</tr>
<tr>
<td>Pasta Salad</td>
<td>$3.00</td>
</tr>
<tr>
<td>- with Chicken</td>
<td>$4.00</td>
</tr>
<tr>
<td>Italian or Balsamic Dressing</td>
<td>-</td>
</tr>
</tbody>
</table>

### SNACKS

- Piece of Fruit | $1.00
- Cookies, Delights, Popcorn | $1.00
- JJ Noodles, Jumpy’s | $1.00
- Assorted Chips | $1.30
- Smiths, Honey Soy, Grainwaves, JJ Crackers | -
- Riviana Fruit Cup | $1.50
- Gingerbread Man 97% Fat Free | $1.60
- Pau's Screw Top Yoghurt | $2.00
- Fruit Yoghurt Cup | $2.00
- Banana Bread—Slice | $2.50

### DRINKS

- Juice - Poppers | $1.50
- Plain Milk 300ml | $1.50
- - with Sippah Straw | $2.20
- Pop Top Juice | $2.00
- Bottled Water 600ml | $2.00
- Flavoured Milk Lite 300ml | $2.20
- Iced Tea | -
- Quench Mineral Water | -

### ICE BLOCKS

- Cool Stix | $0.50
- Frozen Juice Cup/ Icy Mony | $1.00
- Vanilla Ice Cream Cup | $1.20
- Paddle Pop | $1.60
- Slushie Cup | $2.00
- Streets Paddle Pop Cup | $2.20

### HOT FOOD AVAILABLE EVERY DAY

- Chicken Nuggets $0.70EA OR 6 For $4.00
- Party Pies | $1.00
- Corn on the Cob | $1.00
- Hash Browns (3) | $1.50
- Garlic Bread | $2.00
- Cheese & Bacon Roll | $2.50
- Chicken Fingers x 8 | $3.00
- Vegetarian Wrap with Lettuce & Tomato | $4.50
- Lentil Wrap with Lettuce & Tomato | $4.50
- Tomato or BBQ sauce $0.30EA
- EXTRA Fork or Spoon $0.30EA

### AVAILABLE MONDAY ONLY

- SALSA WRAP | $4.50
- Chicken Schnitzel, Melted Cheese, Mild Salsa Sauce | -
- SAUSAGE ROLL—LITE | $3.00
- TRAVELLER PIE—BEEF | $3.50

### AVAILABLE TUESDAY ONLY

- CAESAR WRAP | $4.50
- Chicken Schnitzel, Lettuce, Bacon, Parmesan Cheese, Caesar Dressing | -
- HOT DOG WITH SAUCE | $2.80

### AVAILABLE WEDNESDAY ONLY

- POPCORN CHICKEN SALAD BOWL | $4.00
- Lettuce, Tomato, Cucumber, Carrot | -
- SUSHI ROLL | $3.50
- Chicken Teriyaki, Chicken & Cucumber or Tuna & Avocado | -

### AVAILABLE THURSDAY ONLY

- BEEF KEBAB WRAP | $4.50
- Lettuce, Tomato, BBQ Sauce | -
- PIZZA POCKET | $3.00

### AVAILABLE FRIDAY ONLY

- NEMO WRAP | $4.50
- Crumbed Fish Fillet, Lettuce & Mayo | -
- PANCAKES (2) | $3.50
- Plain or Chocolate Chip | -

### PLEASE NOTE

- ♦ Recess orders are to be PICKED UP FROM THE CANTENE.
- ♦ All ICE CREAMS ordered with lunch are given out when the LUNCH BAG IS RETURNED TO THE CANTENE.

**Order Your Lunch Online**

Orders can be placed before 8:30am at: www.flexischools.com.au

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**Eat Fresh: Healthy Body, Healthy Mind!**