



healthy canteens menu



healthycanteens.com.au

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SANDWICHES & WRAPS

GREAT CHOICE

	SANDWICH	WRAP
E VEGEMITE OR JAM VEG	\$2.00	
E CHEESE VEG	\$2.00	
E HAM	\$2.50	
E CHEESE & TOMATO VEG	\$3.00	
E HAM & CHEESE	\$3.00	\$5.00
E EGG VEG	\$3.00	
E CHICKEN WITH MAYO	\$3.50	
E EGG & LETTUCE VEG	\$3.50	\$5.00
E CURRIED EGG & LETTUCE VEG	\$3.50	\$5.00
E HAM, CHEESE & TOMATO	\$3.50	\$5.00
E CHICKEN & CHEESE	\$3.50	\$5.00
E SALAD VEG	\$3.50	\$5.00
E SWEET CHILLI CHICKEN	\$4.00	\$5.00
E HAM & SALAD	\$4.00	\$5.50
E PERI PERI CHICKEN & LETTUCE	\$4.00	\$5.50
E CHICKEN, LETTUCE & MAYO	\$4.00	\$5.50
E CHICKEN, CHEESE & TOMATO	\$4.00	\$5.50
E CHICKEN & SALAD	\$4.00	\$5.50
E CHICKEN CAESAR SALAD	\$4.00	\$5.50

SANDWICHES NOW HAVE MORE FILLINGS!

SALAD BOWLS

GREAT CHOICE

E GARDEN SALAD VEG	\$4.50 GF
LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT	
E SWEET CHILLI CHICKEN SALAD	\$5.00
E HAM & GARDEN SALAD	\$5.00 GF
E CHICKEN & GARDEN SALAD	\$5.00 GF
E CHICKEN CAESAR SALAD	\$5.00
E PERI PERI CHICKEN SALAD	\$5.00 GF

CHOOSE ANY OF THESE DRESSINGS :

CAESAR, ITALIAN, MAYO, FRENCH, PERI PERI, GARLIC AIOLI

FRESH FRUIT

GREAT CHOICE

E FRUIT WATERMELON, APPLE, BANANA, SEASONAL FRUITS	\$1.00
E FROZEN ORANGES SNACK PACK	\$2.00
E WATERMELON CHUNKS	\$4.50
E FRUIT SALAD SEASONAL FRUITS	\$5.00

FOOD CODING

VEG VEGETARIAN GF GLUTEN FREE
 E EVERYDAY RATED O OCCASIONAL RATED
 ALL ITEMS ARE HALAL (EXCEPT PORK BASED PRODUCTS)

SNACK DEAL \$ 2.50

Choose One

Popper - Water - Plain Milk



Fruit Piece Or Popcorn
Add 50c Oak Milk



DRINKS

GREAT CHOICE

E POPPER 100% JUICE APPLE, ORANGE, ABC	\$2.00
E WATER 600ML	\$2.00
E PLAIN MILK 300ML	\$2.00
E OAK MILK 300ML CHOCOLATE, STRAWBERRY	\$2.50
E GLEE 250ML 100% JUICE	\$2.60
RASPBERRY, GRAPE, WATERMELON SOUR	
E UP N GO 250ML CHOCOLATE, VANILLA	\$3.00
E ICE TEA 500ML PEACH, RASPBERRY	\$3.60
E ALOE VERA 500ML GRAPE	\$3.60
E HOT CHOCOLATE	\$1.80

ICE COLD TREATS

99% JUICE

GREAT CHOICE

E FROZEN JUICE CUP ASSORTED FLAVOURS	\$1.50 GF
E FRUITY ICES ASSORTED FLAVOURS	\$0.50 GF
E SOUR SNAP APARTS ASSORTED FLAVOURS	\$1.00 GF

ICE BLOCKS ARE NOT PUT IN YOUR LUNCH ORDER BAG

ASK YOUR CHILD TO GO AND COLLECT IT FROM THE CANTEEN DURING THEIR LUNCH BREAK

YOGHURT

E VAALIA YOGHURT VANILLA	\$3.50
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SNACKS

E PANCAKE	\$1.00
E POPCORN GF	\$1.00
O BROWNIE OUR FAMOUS BITE SIZE SNACK	\$1.00
O CHIPS 27G HONEY SOY	\$2.00
O PIRANHA RICE SNAPS VEGE CRACKERS	\$2.20 GF
O JELLY BOWL	\$1.50 GF
O BANANA BREAD	\$2.50
O MUFFIN CHOCOLATE	\$3.50



Register For Online Ordering
Flexischools.com.au

GLUTEN FREE

WRITE "GLUTEN FREE" ON YOUR LUNCH BAG

ALL OF OUR GLUTEN FREE ITEMS HAVE "GF" NEXT TO THE PRICE

SUSHI ROLLS

GLUTEN FREE

GREAT CHOICE

BIGGER & TASTIER ALL NEW SUSHI ROLLS

E CHICKEN TERIYAKI	\$4.00 GF
E TUNA	\$4.00 GF
E VEGETARIAN VEG	\$4.00 GF

WRITE "SOY SAUCE" ON YOUR LUNCH BAG
IF YOU WOULD LIKE ONE FOR FREE

EXTRAS

SAUCE PORTION - BBQ OR TOMATO SAUCE	\$0.40
TOMATO, BEETROOT, CUCUMBER, CARROT, ONION	\$0.50
CHEESE SLICE, SHREDDED CHEESE	\$0.50
CHICKEN, HAM, EGG	\$1.00

HOT BITES

O CHICKEN NUGGETS 100% BREAST	EACH	\$0.80
	4 PACK	\$3.00
	6 PACK	\$4.20
E CHICKEN WINGS HOT & SPICY	EACH	\$1.40
E MINI SPRING ROLL OVEN BAKED VEG		\$0.90
E CORN COB VEG		\$1.20
O HASH BROWN VEG		\$1.20 GF
E GARLIC BREAD VEG		\$2.20
O CHEESE & BACON ROLL WARM		\$2.70
E HOT DOG WITH TOMATO SAUCE (CHICKEN)		\$3.30
O GLUTEN FREE CHICKEN NUGGETS	EACH	\$0.80 GF
	4 PACK	\$3.00 GF
	6 PACK	\$4.20 GF

TOASTED WRAPS

E CHEESE TOASTED WRAP VEG	\$2.00
E HAM & CHEESE TOASTED WRAP	\$3.00
E CHICKEN, CHEESE & BBQ BBQ SAUCE	\$5.00
E SWEET CHILLI CHICKEN CHEESE, SAUCE	\$5.00

PIES & PASTRIES

O PARTY PIE LOW FAT	x3 \$4	\$1.40
O SAUSAGE ROLL LOW FAT		\$3.50
O MEAT PIE LOW FAT		\$4.50
O POTATO PIE LOW FAT		\$4.50
E BEEF PIE GLUTEN FREE		\$5.00 GF

DUMPLINGS

ASK FOR SOY SAUCE FREE

E PRAWN DUMPLINGS X 4 STEAMED	\$5.00
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MEXICAN NACHOS

GLUTEN FREE

O BEEF NACHOS HOME MADE ADD CHEESE 50C	\$4.70 GF
O VEGE NACHOS TOMATO SALSA ADD CHEESE 50C VEG	\$4.70 GF

CUP OF NOODLES

O CHICKEN	\$3.00
O BEEF	\$3.00
E ORIENTAL VEG	\$3.00
O TOM YUM HOT & SPICY	\$3.00

NOODLE CUPS ARE NOT PUT IN LUNCH ORDER BAGS

YOUR CHILD MUST GO AND COLLECT IT FROM THE CANTEEN DURING THEIR EATING PERIOD

MEAL DEALS

GREAT CHOICE

MONDAY \$6

PASTA OR RICE CHOOSE ANY ONE
GLUTEN FREE LASAGNE OR MAC & CHEESE \$6.50

TUESDAY \$6

HOME MADE PIZZA CHOOSE ANY ONE

WEDNESDAY \$6

SANDWICH CHOOSE ANY ONE

+ POPPER OR WATER (ADD 50c FOR OAK MILK) + POPCORN

WRITE "MEAL DEAL" ON YOUR LUNCH BAG
+ THE FOOD & DRINK YOU WANT

PASTAS & RICE

GREAT CHOICE

E BUTTER CHICKEN WITH RICE LARGE \$6	\$4.00 GF
E BOLOGNESE PASTA BEEF SAUCE	\$4.00
E CREAMY CHICKEN PASTA	\$4.00
E FRIED RICE VEG	\$4.50
E MACARONI & CHEESE VEG	\$4.50
E LASAGNE BEEF	\$4.50

VEGETARIAN

E FRIED RICE VEG	\$4.50
GLUTEN FREE WRITE "GLUTEN FREE" ON BAG	
E MACARONI & CHEESE GLUTEN FREE VEG	\$5.00 GF
E LASAGNE VEGE GLUTEN FREE VEG	\$5.00 GF
E LASAGNE BEEF GLUTEN FREE	\$5.00 GF

BURGERS

GREAT CHOICE

E CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE	\$4.80
E AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ	\$4.80
E CHICKEN BREAST FILLET, LETTUCE, MAYO	\$4.80
E CHICKEN & CHEESE BREAST FILLET, BBQ SAUCE	\$5.00
E HOT & SPICY CHICKEN BURGER LETTUCE, MAYO	\$5.00

SAUCES : BBQ, TOMATO, PERI PERI, MAYO, SWEET CHILLI

HOME MADE PIZZAS

NOW EVEN TASTIER WITH MORE MEATS

E CHEESE VEG	\$3.80
E HAM & CHEESE	\$4.50
E PEPPERONI & CHEESE	\$4.50