



### RECESS

- Popcorn (GF)(V) \$0.50
- Corn on the Cob (GF)(V) \$1.00
- Cookie 🍪 \$1.00
- Large Choc Chip Cookie \$2.00
- Pancakes x2 (V) \$1.00
- Mini Muffin \$1.00
- Fruit Kebab (V) \$1.00
  - with Banana Bread Bite \$1.80
  - with Pancake \$1.80
- Cheesy Pizza Bread \$1.80
- Cold Milo \$2.00
- Vege Chips/Popcorners \$2.50
- Yoghurt Pouch (V) \$1.80
- Banana Bread \$2.00
- Mini Nachos (V) \$2.50
- Muffin of the day \$2.00
- Fruit Salad \$2.50 Add Yoghurt + \$1.00
- Crunch & Sip Pack \$2.50 (Seasonal fresh fruit and veg. cut into pieces)
- Fresh Seasonal Fruit \$1.50
- Vege Stick Pack \$2.50 (Crackers, veg sticks & dip)

### LUNCH

- Chicken Enchilada 🍲 (Pita wrap, chicken, salsa, sourcream and toasts) \$5.50
- Pasta Bolognese 🍝 \$5.50
- Vegetarian Bolognese (V) \$5.50
- Sweet Chilli Chicken & Rice (GF) \$5.50
- Mac 'n' Cheese (V) 🍝 \$5.50
- Lasagne Beef 🍲 or Vegetarian Add a Salad + \$3.50 \$5.50
- Burrito Bowl (Saled box, nacho mince and sourcream. Add Chips for \$1.00) \$6.50
- Nachos (Mince or Salsa (V)) (GF) \$6.00
- Popcorn Chicken Wrap (Pita wrap, popcorn chicken strips, cheese, mayo, lettuce, tomato) \$5.50
- Pizza - Cheese (V) 🍕, BBQ Chicken, Ham & Cheese 🍕 \$5.00
- Pizza Snack Pack\* 🍕 \$8.50 Plain Salad Sandwich \$4.50

**\*\*WEDNESDAY ONLY\*\***

- Beef Burger \$6.00 Beef pattie, lettuce, tomato, cheese, tomato sauce, mayonnaise

**\*\*SUSHI TUES AND THURSDAYS\***

Teriyaki Chicken, Katsu Chicken, Tuna \$7.00

**\*Stock limited please preorder the day before if ordering Vege or GLUTEN FREE\***



GF = Gluten Free

🍲 = GF Available

V = Vegetarian

● = Green List

● = Amber List

● = Red List

### SANDWICHES (Toasted +40c, Tomato/Beetroot/Cucumber/French Dressing +50c) 🍷

- Vegemite \$2.50
- Cheese \$3.50
- Ham and Cheese \$4.00
- Egg and Mayo \$4.00
- Chicken, Cheese and Mayo \$4.00
- Ham OR Chicken & Salad Plain Salad Sandwich \$5.00 \$5.50
- Salad Bowl Lettuce/Tomato/Cucumber/Cheese/Carrot/Beetroot \$5.50
- Add Ham/Chicken/Egg/Tuna/Cheese \$1.00
- Change to Pita Wrap \$1.00
- Sandwich Snack Pack\* \$8.00

\*Snack Pack contains Fresh Fruit Kebab, Mini Muffin & Popcorn

### DRINKS

- Juice Bombs \$2.50
- Flavoured Milk \$2.50 Chocolate/Banana/Strawberry
- Juice Boxes \$2.00
- Water \$2.00

Order at

flexischools.com.au

All prices include 10% GST

### PASTRIES

**\*\*WEDNESDAY & FRIDAY ONLY\*\***

- Sausage Roll \$4.30
- Halal Sausage Roll \$4.50
- Mini Sausage Roll \$1.50
- Tomato Sauce \$0.50
- Beef Pie \$4.50
- Halal Beef Pie \$4.80
- Party Pie \$1.50

### ICE CREAMS (LUNCH ONLY)

- Choc Milk Slams (GF) \$1.00
- Berri Icepoles \$1.00
- Moosies Choc/Bubblegum/Banana/Strawberry/ Lime \$2.00
- Froyo \$2.50

Ask us what flavours we have!!