

FRESH SANDWICHES



Vegemite OR Jam	H	\$2.50
Cheese OR Ham		\$3.00
Ham & Cheese		\$4.00
Cheese & Tomato	H	\$3.50
Tuna	H	\$3.50
Tuna, Lettuce & Mayo	H	\$4.00
Chicken Breast	H	\$4.00
Ham, Cheese & Tomato		\$4.50
Chicken, Lettuce & Mayo	H	\$4.50
Chicken, Cheese & Mayo	H	\$4.50
Salad	H	\$5.00
Any Meat & Salad		\$6.00
Gluten-Free Bread		+\$1.00
Upgrade to a Wrap		+\$1.50

HOT FOOD ITEMS



Cheesy Toasted Roll	H	\$3.50
Cheese & Bacon Roll		\$3.20
Homemade Sausage Roll	H	\$4.00
Meat Pie	H	\$5.50
Potato Wedges V	H	\$4.00
Spinach & Ricotta Roll V	H	\$4.50
Hot Dog	H	\$4.00
Chicken Hot Dog	H	\$4.00
Chicken Nuggets x 6	H	\$5.00
Chicken Noodle Cup	H	\$3.50
Gluten-Free Nuggets x 6 GF	H	\$5.50
Sauce portion		\$0.50

SPECIALTY WRAPS (All Wraps \$7.00)



Chicken Caesar Wrap		
<i>(Grilled Chicken, Cos Lettuce, Cheese, Ham and Caesar Dressing)</i>		
Chicken Goujon Wrap with Salad	H	
<i>(Chicken Goujon Fingers, Lettuce, Carrot, Cheese, and Aioli)</i>		
Vegetarian Wrap	H	
<i>(Baby spinach, Carrot, Cucumber, Red Onion, Tomato & Hummus)</i>		
Peri Peri Chicken	H	<i>(Mixed leaf, Tomato, Cheese, Red Onion & Peri Peri sauce)</i>
Sweet Chilli Chicken Wrap	H	<i>(2 chilli tenders with fresh lettuce and mayo)</i>

PIZZA (MONDAY TO WEDNESDAY)



Cheese Pizza	H	\$5.00
Ham & Cheese		\$5.50
Pepperoni & Cheese	H	\$5.50

HOT MEALS



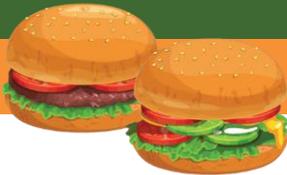
Meatball Pasta	H	\$5.50
Butter Chicken & Rice GF	H	\$5.50
Spaghetti Bolognese	H	\$5.50
Nachos	H	<i>with Veg</i> \$3.50
		<i>with Beef</i> \$5.00
		<i>the Lot</i> \$6.50
Lasagne	H	\$5.50
Ravioli	H	\$5.00
Cheesy Chicken Pasta	H	\$6.00
Gluten Free Spaghetti GF	H	\$6.00

CRUSTY SUB ROLLS (All Subs \$7.50)



Choose 1 option:		
Chicken Schnitzel H, Chicken Breast H, Ham, Tuna H, OR Italian Meatballs H		
Choose your salads:		
Carrot, Cheese, Onion, Tomato, Lettuce, Cucumber, Olives, Beetroot		
Choose your dressings:		
Caesar, Garlic Aioli, Ranch, Sweet Chilli, Tomato, BBQ, Mayo OR Mustard		
Extra Meat		+\$2.00
Add a 600ml Bottle Water		+\$1.00

BURGERS



Chicken Fillet Burger <i>(with Lettuce & Mayo)</i>	H	\$5.50
Beef Burger with Cheese	H	\$6.00
Beef Burger with Lettuce & Tomato	H	\$6.50
Vege Burger	H	\$6.00
Crumbed Chicken Fillet Burger with Cheese	H	\$6.00

Fresh Start Canteens

BREAKFAST



Hash Brown	\$1.50
Hot Chocolate	Reg \$2.00
Toasted Sandwich	From \$3.00
Assorted Fresh Fruit	From \$1.50
Fruit Salad Cup	\$3.50
Fruit Salad Bowl	\$4.50
Fresh Baked Muffins	\$2.00
Fresh Juice, Milk & Cereal	\$1.50

are sold over the counter each morning

DRINKS



Oak Flavoured Milk	Small \$3.50
Groove Drink	\$3.50
Juice Popper	\$2.50
Water 600ml	\$2.50
Up n Go	\$3.50

FRESH SALADS



Garden Salad GF & V&H (Lettuce, Tomato, Carrot & Cucumber)	Regular \$5.00 With Meat \$6.00
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Caesar Salad
(Lettuce, Ham, Croutons, Cheese & Dressing)

Baby Spinach Salad **GF** & **V&H**
(Baby Spinach, Tomato, Olives, Cucumber & Cheese)

Vegetarian Salad **GF** & **V&H**
(Mixed Lettuce, Tomato, Onion, Cucumber, Corn & a Drizzle of Vinaigrette)

Pasta Salad **NEW H**
(Pasta, Tomato, Pepperoni, Cheese, Corn, Onion & Mayo)

Greek Pasta Salad **NEW H**
(Pasta, Tomato, Cucumber, Red Onion, Olives & Fetta)

Sweet Chilli Chicken Salad **H**
(Garden Salad served with sliced Sweet Chilli Tenders & Mayo)

Regular \$6.00
With Meat \$7.00

Add a 600ml bottled Water +\$1.00

Free Dressing Choice of:
Italian, French, Balsamic or Caesar

GF - Gluten Free
V - Vegetarian
H - Halal

ORDER YOUR LUNCH

All online ordering can be done through Flexischools. To register go to: www.flexischools.com.au

Cut off time for online lunch orders is 9:00am or handed directly to the canteen each day.

Please note: Noodle cups & Ice blocks and Recess Orders are to be collected from the canteen by the student.

All products are Halal except pork-based products. (H - MARKED ON MENU)

SNACKS & ICE BLOCKS



Homemade Fresh Muffins	H	\$2.00
Banana Bread	H	\$3.00
Popcorn GF	H	\$1.00
Quelch Stick		\$1.00
Mamee Noodles Snack	H	\$1.50
Frozen Juice Cup	H	\$1.50
Ice Mony Ice Block		\$2.00
Juicee Tube Ice Block	H	\$2.00
Red Rock Deli Chips GF	H	\$2.50
Moosie		\$3.00

Fresh Start Canteens