

FRESH SANDWICHES



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

HOT FOOD ITEMS



Cheesy Toasted Roll	\$3.50
Cheese & Bacon Roll	\$3.20
Homemade Sausage Roll	\$4.00
Meat Pie	\$5.50
Potato Wedges V	\$4.00
Spinach & Ricotta Roll V	\$4.50
Hot Dog	\$4.00
Chicken Hot Dog	\$4.00
Chicken Nuggets x 6	\$5.00
Chicken Mamee Noodle Cup	\$3.50
Gluten-Free Nuggets x 6 GF	\$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 <i>(Chicken Goujon Fingers, Lettuce, Carrot, Cheese, and Aioli)</i>
Vegetarian Wrap <i>(Baby spinach, Carrot, Cucumber, Red Onion, Tomato & Hummus)</i>
Peri Peri Chicken <i>(Mixed leaf, Tomato, Cheese, Red Onion & Peri Peri sauce)</i>
Sweet Chilli Chicken Wrap <i>(2 chilli tenders with fresh lettuce and mayo)</i>

PIZZA (MONDAY TO THURSDAY)



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

HOT MEALS



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

CRUSTY SUB ROLLS (All Subs \$7.50)



Choose 1 option: Chicken Schnitzel, Chicken Breast, Ham, Tuna, OR Italian Meatballs	
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>	\$5.50
Beef Burger with Cheese	\$6.00
Beef Burger with Lettuce & Tomato	\$6.50
Vege Burger	\$6.00
Crumbed Chicken Fillet Burger with Cheese	\$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 (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**
(Baby Spinach, Tomato, Olives, Cucumber & Cheese)

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

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

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

Sweet Chilli Chicken Salad
(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

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.

SNACKS & ICE BLOCKS



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

Fresh Start Canteens