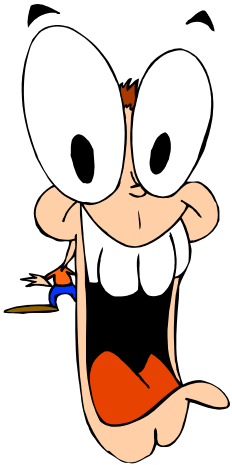


Lunch orders are easy. You can order online through <https://www.flexischools.com.au> or by following these steps: **Step 1.** WRITE your child's name, class and order on a lunch bag (preferably) or envelope. **Step 2.** ENCLOSE money - fold (do not staple or sticky tape) and remember to include 30c for a lunch bag if your order is not written on one and **Step 3.** REMIND your child to place their order in the lunch order box in the Canteen in the morning (orders need to be at the canteen by 9.30am).

We strongly encourage online ordering as it is a lot more efficient for our staff and volunteers. It also lets us avoid problems with lost or incorrect money and children forgetting to place their orders.

Please note our menu items are now coded by the Nutrition Australia (NA) traffic light system. The **healthiest options** are rated **G for green**, other items that comply with NA standards are rated **A for Amber**. **Red** food items that are **not permitted** by NA do not appear on our menu.

Meal Deals



#1 \$5.00

You're Choice of Sandwich
You're Choice of Cheese & Carrot Sticks
Frozen Pineapple
Pikelets
Nippys Dairy Drink, Juice, Glee or Water

#2 \$5.00

3 Chicken Strips
You're Choice of Cheese & Carrot Sticks
Frozen Pineapple
Pikelets
Nippys Dairy Drink, Juice, Glee or Water

#3 \$6.50

You're Choice of Tortilla Wrap
You're Choice of Cheese & Carrot Sticks
Frozen Pineapple
Pikelets
Nippys Dairy Drink, Juice, Glee or Water

#4 \$6.50

Beef or Chicken Burger
You're Choice of Cheese & Carrot Sticks
Frozen Pineapple
Pikelets
Nippys Dairy Drink, Juice, Glee or Water



DELI FRESH.....

Our **SANDWICHES** are made on wholemeal bread; or multigrain by request.

- Vegemite, Honey or Jam **A** \$2.00
- Ham, Chicken or Cheese **A**..... \$3.00
- Egg with Lettuce and Mayo **G**..... \$3.00
- Salad (lettuce, tomato, carrot & beetroot) **G** \$2.50
- Ham, Chicken or Egg with Salad **G**..... \$3.50
- Toasted Ham and Cheese **A** \$3.00
- Toasted Ham, Cheese & Tomato **A**..... \$3.00
- Tortilla Wraps **\$4.50**
- Mexican **A** - canteen made diced chicken breast, salsa, cheese
- Vege **G** - lettuce, cheese, tomato, carrot
- Hawaiian **A** - ham, cheese, pineapple
- CLT **G** - Contains Canteen Made Chicken Finger, lettuce, tomato, mayo
- Rainbow Salad **G** (a tub full of crisp lettuce, ripe tomato, crunchy carrot & cucumber) **\$2.50**
With Ham, pan fried Chicken breast Add \$2.00
Cheese or EggAdd \$1.00
- Whole Boiled Egg **G** \$1.00
- Carrot Sticks (4) & cheese triangle **G**..... \$1.00

TO COMPLY with Nutrition Australia Standards our **ham** is now - low sodium.

STRAIGHT FROM THE OVEN



- Corn Cobette **G**..... \$1.40
- Potato Wedges **A**..... \$2.40
- Chicken Fingers **G**..... 1 x \$1.00
- Chicken Fingers **G** 2 x \$1.80
- Mrs Macs Party Pie **A** \$1.20
- Mrs Macs Sausage Roll **A** \$2.70**

Until Sold Out

- Sausage Roll with 3 veg and heart smart mince Canteen Made.... **A** \$2.80
- Mrs Macs Cruizer (Beef Pie) **A**.... \$3.80
- Mrs Macs Beef & Potato Pie **A** ... \$3.80
- Spaghetti Bolognaise **G** \$3.80
- Chicken Burger **G**..... \$4.80
(Oven-baked Canteen made chicken schnitzel, iceberg lettuce, light tasty cheese and mayo on a roll)
- Beef Burger **G** \$4.80
(Contains a heart smart beef patty with 3 veg light tasty cheese with tomato sauce)
- Small Nachos **A** \$2.50
- Tomato Sauce \$0.40**

LITTLE EXTRAS

These items, and blackboard specials, are also available for purchase from the counter at recess 11.00-11.30am and lunch 1.00-1.30pm

- Air-popped Popcorn **G** \$0.40
- Pikelet **G** \$0.40
- Apple Slinky **G** \$1.40
- Fruit Muffin **G** \$ 0.80
- Pizza Muffin **A** \$1.40
(Pizza sauce, ham & cheese on ½ English)
- BYO Apple \$0.50

DRINKS & FROZEN TREATS...



****Also available for purchase from the counter at recess & lunch****

- Nippys Dairy Drink **A** (250ml Reduced fat choc)\$1.80
- Lite White Milkshake **A** (choc, vanilla, strawberry, caramel) Small \$1.80
Large \$2.20
600ml Water \$1.00
- Just Juice (200ml popper/juice box orange, apple, apple & blackcurrant) **A** ..\$1.50
- Glee Sparkling Fruit Juice (250ml can).....\$2.20
(Berry Blast, Slammin Strawberry & Blackcurrant Burst)
- Frozen Yoghurt **A**..... \$1.70
- Icy Bite **A**..... \$0.70
- Paddle Pop **A**.....\$1.70

Milkshakes & Icy treats need to be collected from the canteen –a tag will be put on the lunch bag to remind the recipient of this