

Cheese & Toastie

- HEALTHY FOOD GUIDELINES -

- G** Green - fill the menu
- A** Amber - select carefully
- GF** Gluten Free
- DF** Dairy Free
- V** Vegetarian **H** Halal Certified

BREAKFAST & RECESS

Yoghurt (G)(H)	\$ 1.00
Yoghurt & Muesli (G)	\$ 1.50
Yoghurt & Berries (G) (GF)	\$ 1.50
Fresh Seasonal Fruit (G)(GF)(DF)	\$ 1.00
Slinky Apple (G)(GF)(DF)	\$ 1.50
Fresh Fruit Salad Cup (G)(GF)(DF)	\$ 2.50
Watermelon Cup (G)(GF)(DF)	\$ 2.50
Cheese & Toastie triangle (A)	\$ 1.00
2 x Pancakes & Maple syrup (A)	\$ 1.50
1/2 Banana Bread slice With Margarine (A)	\$ 1.50
Cereal with Milk (G)	\$ 2.80
Hot Chocolate(G)	\$ 2.50
Mini muffin (A) - assorted flavours	\$ 1.20
Anytime Snack Box (G)	
Cheese, Crackers, 2 x Pieces of Fruit , Veggie Sticks, Yoghurt & Muesli	\$ 3.80
Cheese and Crackers(G)	\$ 2.00
Veggie Sticks with hommus (GF)	\$ 2.00

SUSHI - summer everyday (G) pre-order online only

Sushi Rolls - Cooked Tuna, Teriyaki Beef, Chicken Schnitzel & Tofu Veggie	\$ 3.80
Sushi Baby Box - Cooked Tuna, Teriyaki Chicken & Cucumber	\$ 4.00
Rice Paper Rolls - Chicken, or Vegetarian	\$ 4.50

Soups - (G) Winter only, all served with a dinner roll

EVERY DAY HOT LUNCH - Constantly changing see in store pre-order online only

Made fresh daily - see Menu board for more option

Vegetarian Fried Rice (G)(GF)(V)(DF)	\$ 4.00
Chicken Fried Rice (G)(DF)	\$ 4.80
Macaroni Cheese (A)(V)	\$ 4.80
Beef Bolognese (G)(DF)	\$ 4.80
Rice, seaweed and soy sauce (G)(GF)(DF)	\$ 3.20
Japanese Curry Chicken with rice (A)	\$ 4.80

OTHER HOT FOOD :

Stir Fried Homemade BBQ pork Spaghetti (G)	
Poached Chicken noodle soup (G)with lovingly crafted homemade complex Broth	
Homemade Pesto Chicken Pasta (no Nut) (G)	
Chicken & Sweet corn with rice (G)	
Homemade Honey Soy Chicken, veggie with rice (G)	
Homemade Veggies lasagne (G)(V)	
Homemade Beef lasagne (A)	

SANDWICH BAR (G) pre-order online only

Honey, Vegemite, or Jam	\$ 1.80
Cheese	\$ 2.20
Plain Tomato	\$ 2.50
Cheese & Tomato	\$ 3.50
Smoked Ham	\$ 3.00
Smoked Ham & Cheese	\$ 3.50
Roast Chicken	\$ 3.50
Roast Chicken & Cheese	\$ 4.00
Roast Chicken, Lettuce & Light Mayo	\$ 4.00
Salad sandwich	\$ 4.00
<i>lettuce, Carrot, Tomato & Cucumber</i>	



Breads (G) Whole meal with Margarine
Gluten Free Bread - \$1.00 Extra

EVERY DAY SALAD (G) pre-order online only

Garden Salad (GF)(DF)(V)	\$ 4.00
<i>Lettuce, Tomato, Cucumber, Beet, Carrot, with light dressing</i>	
Roasted Chicken w Garden Salad	\$ 5.50
<i>Daily Roasted Chicken, Lettuce, Tomato, Cucumber, Beet, Carrot, with light dressing</i>	
Chicken Caesar	\$ 5.50
<i>Lettuce, Bacon, Egg, Cheese, Croutons, Caesar dressing</i>	

Special salads (G) - change Constantly

BBQ pork and apple salad (DF) - our home-marinated BBQ pork with apple and greens and a light fish sauce dressing
Special **Chicken Mango Salad (DF)** mixed greens & homemade mango dressing (**Seasonal - summer only**)
Chai Seed Herb Roasted **Chicken Pumpkin (DF)** greens & dressed with light dressing
Grilled haloumi Pumpkin (V) greens & dressed with light dressing



Healthy Canteen
Operators &
Catering Services

Our Canteen roasted 100% Real Chicken for all of our Sandwiches, Wraps and Salads everyday

HOT BITE (A) pre-order online only

Home Made fresh daily -change every week

Pumpkin Soup(V)	\$ 4.50
Sweet corn Veggies(V)(DF), or Chicken soup	\$ 4.50
Clear Chicken Veggie Broth	\$ 4.00

WRAPS (G) pre-order online only

Smoked Ham & Cheese	\$ 4.50
Roast Chicken, Lettuce & Light Mayo	\$ 5.00
Cheese , Tomato & Lettuce	\$ 5.00
Salad(V)	\$ 5.00

HOT WRAPS (A) - Burritos pre-order online only

Ham & Cheese Burrito	\$ 4.50
Roast Chicken & Cheese with Light Mayo sauce	\$ 5.00
Lamb & Cheese with Light garlic Aioli	\$ 5.00
Roasted Veggies with Cheese & Light Mayo(V)	\$ 5.00

**BIRTHDAYS - CUPCAKES OR
ICE-BLOCK BUCKETS
ENQUIRE WITHIN
CANTEEN!**

**Cheese & Toastie cater a selection of HALAL CERTIFIED products as well as Gluten and Dairy Free items.
Contact our canteen for special Dietary Requirements.**

WEEKLY SPECIALS DISH
Keep an eye out on the blackboard
outside of the canteen for dish of the
day.

**Some foods may not be available &
may change according to season,
weather or school events!**

Drinks

Bottled Water (G)	\$ 2.00
Plan Milk 300ml (G)	\$ 2.00
Just Juice box (G)	\$ 2.00
Flavoured Milk 300ml (G)	\$ 2.80
GLEE Juice Bubbles (99%Sparkling fruit juice)	\$ 2.50
<i>Tropical, Blackcurrant and Raspberry</i>	
Hot Chocolate (G)	\$ 2.50

SNACKS and FROZEN TREATS

Frozen real Orange Wedge (G)	\$ 0.20
Frozen real Watermelon Wedge (G)	\$ 0.50
Frozen real Fruit Cup - seasonal fruit (G)	\$ 1.00
Frozen Fruit Juice Cup - Apple, Pineapple and Apple Blackcurrant	\$ 1.00
Icy Pops (A)	\$ 1.50
Moosies (frozen flavoured milk)	\$ 2.00
Frozen Snap Apart - Fruit Juice Bar (A)	
Assorted favourite	\$ 1.50
Seaweed Pack	\$ 1.50
Popcorn Bag - (V)	\$ 1.20
Assorted homemade energy balls	\$ 1.00
Rice Crackers(H)	\$ 0.50

Beef Meat Pie (Halal)	\$ 4.50
Beef Meat Pie (GF)	\$ 6.00
Sausage Roll (Halal)	\$ 3.80
Sausage Roll (GF)	\$ 5.00
Chicken Gougon Nuggets (4)	\$ 2.80
Steak Burger(Friday only) Prime Beef with <i>beetroot, lettuce, tomato and BBQ sauce</i>	\$ 5.50

All lunch orders must be placed by 9:00am.
Canteen open Monday to Friday. Pre-order at ***Flexischools.com.au***

**** With your lunch order "Ice Cold Treats"
should be collected from the canteen
after the eating period ****