

FRESH SANDWICHES



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

HOT FOOD ITEMS



Toasted Cheesy Roll	\$3.50
Home Made Sausage Roll	\$4.00
Spinach & Ricotta Roll V	\$4.50
Hot Dog	\$4.00
Chicken Hot Dog	\$4.00
Meat Pie	\$5.50
Chicken Nuggets x 6	\$5.00
Chicken Mamee Noodle Cup	\$3.50
Beef Burger with Cheese	\$5.50
Gluten-Free Nuggets x 6 GF	\$5.50
Crumbed Chicken Burger with Cheese	\$6.00
Sauce portion	\$0.50

SPECIALTY WRAPS & SALADS



Chicken Caesar Wrap	\$7.00
<i>(Grilled Chicken, Cos Lettuce, Cheese, Ham & Caesar Dressing)</i>	
Sweet Chilli Chicken Wrap	\$7.00
<i>(Chicken Tenders with Lettuce & Mayo)</i>	
Vegetarian Wrap	\$7.00
<i>(Baby spinach, Carrot, Cucumber, Red Onion, Tomato & Hummus)</i>	
Garden Salad	\$5.00
add Meat (Chicken, Tuna or Ham)	\$6.00

FRESH START CANTEENS - ORDER ONLINE & REMINDERS

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

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

Fresh Juice, Milk & Cereal are sold over the counter in the morning for \$1.50

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

HOT MEALS



Butter Chicken & Rice GF	\$5.50
Spaghetti Bolognese	\$5.50
Nachos with Salsa & Cheese	\$4.00
Nachos with Meat, Salsa & Cheese	\$5.00
Meatball Pasta	\$5.50
Cheesy Chicken Pasta	\$6.00
Gluten Free Spaghetti GF	\$6.00

SNACKS & DRINKS



Quelch Stick	\$1.00
Popcorn	\$1.00
Frozen Juice Cup	\$1.50
Assorted Fresh Fruit	\$1.50
Mamee Noodle Snack	\$1.50
Ice Momy Ice Block	\$2.00
Muffin	\$2.00
Fruit Salad Cup	\$3.50
Water	\$2.50
Popper 100%	\$2.50
Oak Flavoured Milk	\$3.50
Groove Drink	\$3.50

Fresh Start Canteens