



SOUTHERN CROSS PUBLIC SCHOOL

Canteen Menu 2025 (effective from 6 February 2025)

Open Tuesday- Friday

Recess 11-11.25am, Lunch 1.15-1.40pm

Sandwiches, Rolls & Wraps

Cheese/vegemite/honey/jam ◆ ◆	\$2.80
Cheese and tomato ◆ ◆	\$3.80
Chicken/Ham/Egg/Tuna ◆	\$4.30
Ham/Chicken and cheese ◆	\$4.80
Ham/Chicken, cheese and tomato ◆	\$5.30
Egg and lettuce ◆ ◆	\$4.80
Salad ◆ ◆	\$5.80
Chicken/Ham/Egg/Tuna w/salad ◆	\$6.30
Extra – Gluten Free Bread ● ◆	\$1.00
Extra – Roll, Wrap or Toasted	\$0.80
Extra – Avocado ● ◆	\$0.80
Extra – Mayo/Pesto ◆/Pickles	\$0.20

Salads

Garden Salad ◆ ● ◆	\$5.30
Chicken/Ham/Egg/Tuna salad ◆ ●	\$6.30

- ◆ Made on premises using real food ingredients
- ▶ Dairy Free
- Gluten Free
- ◆ Vegetarian

Half sandwiches

Cheese/vegemite/honey/jam ◆ ◆	\$1.60
Cheese and tomato ◆ ◆	\$2.10
Chicken/Ham/Egg/Tuna ◆	\$2.60
Ham/Chicken and cheese ◆	\$2.90
Ham/Chicken, cheese and tomato ◆	\$3.20
Egg and lettuce ◆ ◆	\$2.90
Salad ◆ ◆	\$3.40
Chicken/Ham/Egg/Tuna w/salad ◆	\$3.60
Extra – Gluten Free Bread ● ◆	\$0.50
Extra – Toasted	\$0.60
Extra – Avocado ● ◆	\$0.40
Extra – Mayo/Pesto ◆/Pickles	\$0.10

Hot food

Plain Pie	\$5.50
Sausage Roll	\$4.50
Sauce (tomato/bbq)	\$0.50
Fried rice w/ ham, egg, veggies ◆ ●	\$5.00
Mac & Cheese ◆ ◆	\$4.70
Gluten free option, add \$1.00 ●	
Pasta Bolognese ◆	\$5.50
Gluten free option, add \$1.00 ●	
Meatball Sub ◆	\$5.00
Chicken/Beef burger ◆	\$7.70
Gluten free option available ●	
Cheese burger ◆	\$6.70
Baked Beans and cheese jaffle ◆	\$4.20
Pizza jaffle (w/marinara sauce, cheese, ham) ◆	\$4.20

Daily Options

Wednesday: Beef/Chicken/Vego ◆	\$6.00
Nachos ◆ ●	
w/ corn chips, rice, cheese, sour cream guacamole	
Thursday: Canteen's choice	
check Flexischools or speak to staff	
Friday: Sushi (Avocado ◆, Teriyaki Chicken, Tuna mayo) ▶ ●	\$4.50
Soy sauce	\$0.40

**We are proud to serve fresh, healthy food
made from scratch, sourced from local
produce as much as possible.**

Please note:

Our salad includes lettuce, tomato, beetroot, carrot, cucumber & cheese.

Order via Flexischool or directly through the canteen by 9am. Sushi orders must be placed by Thursday 12 noon, for a Friday lunch service.



SOUTHERN CROSS PUBLIC SCHOOL

Canteen Menu 2025 (effective from 6 February 2025)

Open Tuesday- Friday

Recess 11-11.25am, Lunch 1.15-1.40pm

Snacks

Fruit Salad	◆▶●■	\$3.80
Piece of fruit	▶●■	\$1.00
Vege sticks w/dip	◆●■	\$1.50
Crackers w/dip	◆■	\$1.50
Crackers and cheese	■	\$1.50
Yoghurt, muesli and berry cups	◆●■	\$3.30
Hard-boiled egg	◆▶●■	\$1.00
Jelly (made w/fruit juice)	◆▶●■	\$1.00
Rice crackers (plain or flavoured)	●■	\$0.20
Sea salt/Grainwaves chips	●■	\$2.50
Bliss Ball	◆▶●■	\$2.50
Muffin	◆■	\$2.00
Cookie	◆■	\$1.00
Banana bread	◆■	\$2.50
Slice	◆■	\$2.50

Drinks

Poppers (Apple/Orange/ Apple&Blackcurrant)	\$2.50
Water	\$1.50
300ml FM milk (Chocolate/Strawberry)	\$3.00
250ml M/Cool milk (Chocolate/Strawberry)	\$2.80
250ml Juice Bombs (Watermelon/Grape/ Apple&Raspberry)	\$3.50
Hot Chocolate – Term 2&3 only, 8.30-8.50am	\$1.00
Smoothie – Term 1&4, \$0.50 refund when you BYO cup	\$3.50

Ice blocks

Frozen fruit (seasonal fruit)	◆▶●■	\$0.50
Quelch	▶●■	\$1.00
Pure Pops (Choc/Mango banana/strawberry yoghurt)	●■	\$2.20
Frozen jelly (made w/ fruit juice)	◆▶●■	\$1.00
Froyo	◆●■	\$1.00
Frozen Poppers (Apple/Orange/ Apple&Blackcurrant) – Term 1&4 only		\$2.50

◆ Made on premises using real food ingredients

▶ Dairy Free

● Gluten Free

■ Vegetarian