

Fresh Start Canteens

Vegetarian ●

Gluten Free ●

Everyday Items ●

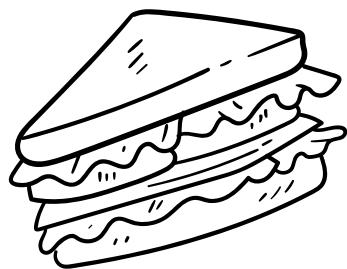
Gourmet Wraps

Breakfast

Hashbrown	\$2.00
● Seasonal Fruit	\$2.00
Hot Chocolate	\$2.50
Banana Bread	\$3.50
GF Banana Bread	\$4.00
● Fruit Salad Cup	\$4.00
● Toasted Sandwich	\$4.00
● Yoghurt Cup with Fruit	\$4.50
● Bacon & Egg Roll	\$6.00

Sandwiches

● Vegemite	\$2.50
● Jam	\$2.50
● Cheese	\$3.50
● Ham	\$3.50
● Ham & Cheese	\$4.50
● Cheese & Tomato	\$4.00
● Tuna	\$4.50
● Tuna, Lettuce & Mayo	\$5.50
● Egg, Lettuce & Mayo	\$5.50
● Curried Egg & Lettuce	\$5.50
● Ham, Cheese & Tomato	\$5.00
● Chicken, Lettuce & Mayo	\$5.50
● Chicken, Cheese & Mayo	\$5.50
● Salad	\$5.50
● Any Meat & Salad	\$6.50
● Gluten Free Bread	+\$1.50
Upgrade to a Wrap	+\$1.50



Fresh Salads

● ● Garden Salad	\$6.50
Lettuce, Tomato, Carrot, Cucumber	
● Flamed Grilled Chicken Salad	\$7.50
Garden Salad, Sliced Flamed Grilled and Mayo	
● Sweet Chilli Chicken Salad	\$7.50
Garden Salad, Sliced Sweet Chilli tenders and Mayo	
● Caesar Salad	\$7.50
Lettuce, Ham, Egg, Croutons, Cheese and Dressing	
● ● Vegetarian Salad	\$7.50
Mixed Lettuce, Tomato, Red Onion, Cucumber, Corn and Vinaigrettes	
● ● Baby Spinach Salad	\$7.50
Baby Spinach, Tomato, Olives, Cucumber and Cheese.	
● ● Cabrese Salad	\$7.50
Pasta, Tomato, Onion, Garlic, Feta, Basil, Dressing of Choice	

Dressing Options:
Ranch, Italian, Balsamic, French, & Caesar

Crusty Rolls

● All Subs are \$9.00

Toppings Option:

Carrot, Cheese, Onion, Tomato, Lettuce, Cucumber, Olives, Beetroot

Sauce Option:

Caesar, Garlic Aioli, Sweet Chilli, Tomato, BBQ, Mayo, Mustard

Protein Option:

Chicken Schnitzel, Chicken Breast, Ham, Tuna, Italian Meatballs, or Roast Beef

Extra Protein is +\$2.00

Add a 600ml Water + \$1.50

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Ordering your lunch order

All Products are Halal Except for Pork-Based Products

Online orders are to be placed through Flexischools app. To register, please go to Flexischools.com.au

Eftpos is available for over-the-counter purchases.

Please note: Noodles cups and ice blocks are to be collected from the canteen by the student

Weekly Specials

..... From Tuesday to Thursday

Jnr Snr

- The Special of the Week \$7.00 \$8.50
Which is advertised at the canteen and on Flexischools
- Tuna Sushi \$5.50
- ● Vegetarian Sushi \$5.50



Warm Meals

Jnr

Noodle Cup	\$4.50
Hot dog	\$4.50
Chicken hot dog	\$4.50
Homemade Sausage Roll	\$4.50
● Spinach and Ricotta Roll	\$5.50
Meat Pie	\$6.50
Chicken Curry Pie	\$7.00
Potato Pie	\$7.00
H/M Butter Chicken pie	\$7.00
Potato Wedges	\$5.50
Nuggets	\$6.00
● GF Nuggets	\$6.50
Wings & Wedges.....	\$8.00
● Beef Lasagne	\$6.50
● ● Vegetarian Lasagne	\$6.50
● ● Butter Chicken	\$6.50 \$8.00
● ● Sweet Chilli Chicken	\$6.50 \$8.00
● Spaghetti	\$6.00 \$8.00
● ● GF Spaghetti	\$6.50 \$8.00
● Chicken Chow Mein	\$6.50 \$8.00
● Cheesy Chicken Pasta	\$6.50 \$8.00
● Street Taco (Fish or Chicken) 2 for	\$8.00
Nachos with beef	\$5.50
Nachos With Veg	\$4.00
Nachos with the lot	\$6.50
● Mac n Cheese	\$6.50
● Burrito	\$8.00

Snr

Burgers

- Beef burger with Cheese \$7.00
- Beef Burger with Salad \$7.50
- Chicken Burger with Cheese \$7.00
- Chicken Fillet Burger with Lettuce \$7.00
- ● Vege Burger \$7.00
- Hot & Spicy Chicken Burger \$8.00

Snacks & Ice Blocks

Jnr Snr

Homemade Muffins	\$2.50	\$5.50
● Popcorn	\$1.50	
● Red Rock Chips	\$2.50	\$4.50
● Grain Waves	\$2.50	
● Frozen Milk	\$2.50	
● Icemy Ice Block	\$2.50	
● Juicee tube Ice Block	\$2.50	
● Quelch Stick	\$1.00	
● Snap Stix	\$2.00	
● Frozen Nippy Juice Cup	\$2.00	
Sauce Portions	\$0.50	
Sour Cream Portions	\$1.00	

Drinks

Jnr Snr

● Flavoured Oak Milk	\$4.00	\$6.00
● Water	\$2.50	\$3.00
● Juice Popper	\$3.00	
● Juice Bomb Sparkling Fruit Juice	\$4.00	
Ice Tea	\$5.50	
Sports Drink	\$6.00	
No Sugar Soft Drink	\$3.50	

