

Fresh Start Canteens

Vegetarian ●

Gluten Free ●

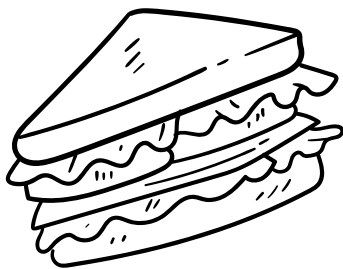
Everyday Items ●

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



Crusty Rolls

● All Subs are \$9.00

Protein Option:

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

Extra Protein is +\$2.00

Toppings Option:

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

Sauce Option:

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

Add a 600ml Water + \$1.50

Gourmet Wraps

..... All Wraps are \$8.50

● Chicken Caesar Wrap

Shredded Chicken, Lettuce, Cheese,
Ham and Caesar Dressing

●● Vegetarian Wrap

Baby Spinach, Leaf mix, Carrot, Cucumber,
Red Onion, Tomato

● Peri Peri Chicken Wrap

Mixed Leaf, Tomato, Cheese, Red Onion, Peri
Peri Sauce

●● Falafel Wrap

Lettuce, Tomato, Cucumber, Onion, Parsley &
Hummus

● Sweet Chilli Chicken Wrap

Chicken tenders, Lettuce, Cheese, Mayo, and
Sweet Chilli Sauce

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

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Ordering your lunch order

All Products are Halal Except for Pork-Based Products

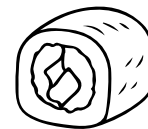
Online orders are to be placed through Flexischools app. To register, please go to Flexischools.com.au

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	Snr
● ● 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	

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	
● Ice many 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	

