

# Fresh Start Canteens

Vegetarian ●

Gluten Free ●

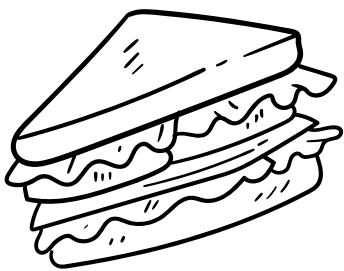
Everday Items ●

## Breakfast

Hashbrown .....	\$2.00
● Seasonal Fruit .....	\$2.00
Hot Chocolate .....	\$2.00
● Fresh Juice Cup .....	\$2.00
● Cereal with Milk .....	\$2.50
Pancakes with Syrup .....	\$3.00
Banana Bread .....	\$3.50
● GF Banana Bread .....	\$4.00
● Fruit Salad Cup .....	\$4.00

## 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 .....	\$5.00
● Curried Egg & Lettuce .....	\$5.00
● 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 \$7.50

### 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 \$8.00 .....

### ● 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 & Hummus

### ● Sweet Chilli Chicken Wrap

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

## Fresh Salads

### ●● Garden Salad ..... \$6.00

Lettuce, Tomato, Carrot, Cucumber

### ● Flamed Grilled Chicken Salad ..... \$7.00

Garden Salad, Sliced Flamed Grilled and Mayo

### ● Sweet Chilli Chicken Salad ..... \$7.00

Garden Salad, Sliced Sweet Chilli tenders and Mayo

### ● Caesar Salad ..... \$7.00

Lettuce, Ham, Egg, Croutons, Cheese and Dressing

### ●● Vegetarian Salad ..... \$7.00

Mixed Lettuce, Tomato, Red Onion, Cucumber, Corn and Vinaigrettes

### ●● Baby Spinach Salad ..... \$7.00

Baby Spinach, Tomato, Olives, Cucumber and Cheese.

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Everyday Items ●

## Ordering your lunch order

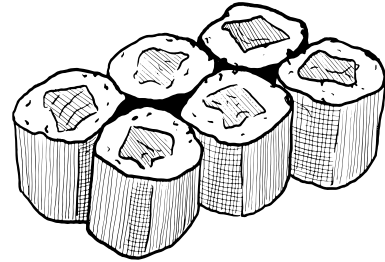
All Products are Halal Except for Pork-Based Products

Online orders are to be placed through Flexischools app. To register, please go to [Flexischools.com.au](http://Flexischools.com.au)

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

## Sushi

- Tuna Sushi ..... \$5.50
- Vegetarian Sushi ..... \$5.50



## Warm Meals

- Cheesy Toasted Roll ..... \$4.00
- Hot dog ..... \$4.50
- Chicken hot dog ..... \$4.50
- Homemade Sausage Roll ..... \$4.50
- Spinach and Ricotta Roll ..... \$5.50
- Meat Pie ..... \$6.00
- Potato Wedges ..... \$5.00
- Nuggets ..... \$6.00
- GF Nuggets ..... \$6.50
- Chicken noodles ..... \$4.50
- Beef Lasagne ..... \$6.50
- Vegetarian Lasagne ..... \$6.50
- Butter Chicken ..... \$6.50
- Sweet Chilli Chicken ..... \$6.50
- Spaghetti ..... \$6.00
- GF Spaghetti ..... \$6.50
- Meatball Pasta ..... \$6.50
- Chicken Chow Mein ..... \$6.50
- Cheesy Chicken Pasta ..... \$6.50
- Nachos with beef ..... \$5.50
- Nachos With Veg ..... \$4.00
- Nachos with the lot ..... \$6.50
- Mac n Cheese ..... \$6.50

## Burgers

- Beef burger with Cheese ..... \$6.50
- Beef Burger with Salad ..... \$7.00
- Chicken Burger with Cheese ..... \$6.50
- Chicken Burger with Lettuce ..... \$6.50
- Vege Burger ..... \$6.50

## Snacks & Ice Blocks

- Homemade Muffins ..... \$2.50
- Popcorn ..... \$1.50
- Red Rock Chips ..... \$2.50
- Grain Waves ..... \$2.50
- Frozen Flavoured Milk ..... \$2.50
- Ice Mony 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

- Flavoured Oak Milk ..... \$4.00
- Water ..... \$2.50
- Chill J ..... \$3.50
- Juice Popper ..... \$3.00
- Juice Bomb Sparkling Fruit Juice .... \$4.00

