

To place your order go to <u>www.flexischools.com.au</u> to set up an account to order online or order on a clean paper bag. Print your child's name, class and menu item(s) required.

COLD LUNCHES

Sandwiches/Wraps

٠	Chicken and Salad	\$6.00
٠	Ham and Salad	\$6.00
٠	Tuna and Salad	\$6.00
٠	Ham and Cheese	\$6.00
٠	Ham, Cheese and Tomato	\$5.00
•	Cheese	\$3.00
•	Cheese and Vegemite	\$3.00
٠	Vegemite	\$3.00

Salads include lettuce, tomato, carrot, cucumber, beetroot. Sauces: Mayo, tomato, BBQ, sweet chilli, sweet and sour.

SPECIALS

Monday:	Chicken Wrap	\$6.00
	Homemade Pizza	\$5.00
Tuesday:	Macaroni & Cheese	\$5.00
	Chicken Nuggets	\$5.00
Wednesday:	Flame Grilled Chicken Burger	\$6.00
	Fried Rice	\$5.00
Thursday:	Party Pies	\$1.50ea
	Pasta Bolognaise	\$5.00
Friday:	Hamburger	\$6.00
	Beef Lasagne	\$5.00



*Flavours will vary

DRINKS

Bottled Water	\$2.00
Apple Juice	\$2.00
Orange Juice	\$2.00
Apple and Blackcurrant	\$2.00
Chocolate Milk	\$2.00
Strawberry Milk	\$2.00
Chill J's* – Grape; Raspberry; Apple Cola;	
Apple and Blackcurrant; Orange Passio	\$2.00
Juice Bomb* – Watermelon; Apple Coola;	
Apple Raspberry	\$2.00

SNACKS - Lunchtime

Slushies* – Blue Lemonade; Cola;	\$2.00/\$1.00
Raspberry; Grape	
Snap Stix* - Blue Raspberry; Sour Grape;	
Sour Raspberry; Watermelon	\$1.00
TNT's* - Blue Raspberry; Watermelon;	
Red Berry	\$1.00
Seasonal Fruit	\$1.00

SNACKS – Recess

Pizza Bread	\$1.00
Garlic Bread	\$1.00
Cheese and Vegemite Scrolls	\$1.00
Cheese and Ham Scrolls	\$1.00
Cheese and Crackers	\$1.00
Protein Balls	\$1.00
Seasonal Fruit	\$1.00
Salad Sticks	\$1.00
Sea Salt Chips	\$1.00
Grain Waves	\$1.00
Jelly Cup	\$1.00
Corn Chips and Salsa	\$1.00