FRESH SANDWICHES

Vegemite OR Jam	$2.50
Cheese OR Ham	$3.00
Ham & Cheese	$4.00
Cheese & Tomato	$3.50
Tuna	$3.50
Tuna, Lettuce & Mayo	$4.00
Chicken Breast	$4.00
Ham, Cheese & Tomato	$4.50
Chicken, Lettuce & Mayo	$4.50
Chicken, Cheese & Mayo	$4.50
Salad	$5.00
Any Meat & Salad	$6.00
Gluten-Free Bread	**+$1.00**
Upgrade to a Wrap	**+$1.50**

HOT FOOD ITEMS

Cheesy Toasted Roll	$3.50
Cheese & Bacon Roll	$3.20
Homemade Sausage Roll	$4.00
Meat Pie	$5.50
Potato Wedges V	$4.00
Spinach & Ricotta Roll V	$4.50
Hot Dog	$4.00
Chicken Hot Dog	$4.00
Chicken Nuggets x 6	$5.00
Chicken Mamee Noodle Cup	$3.50
Gluten-Free Nuggets x 6 GF	$5.50
Sauce portion	$0.50

SPECIALTY WRAPS (All Wraps $7.00)

Chicken Caesar Wrap
(Grilled Chicken, Cos Lettuce, Cheese, Ham and Caesar Dressing)

Chicken Goujon Wrap with Salad
(Chicken Goujon Fingers, Lettuce, Carrot, Cheese, and Aioli)

Vegetarian Wrap
(Baby spinach, Carrot, Cucumber, Red Onion, Tomato & Hummus)

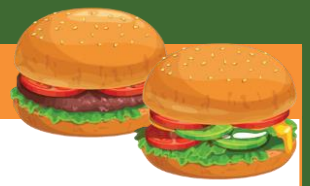
Peri Peri Chicken *(Mixed leaf, Tomato, Cheese, Red Onion & Peri Peri sauce)*

Sweet Chilli Chicken Wrap
(2 chilli tenders with fresh lettuce and mayo)

PIZZA
(MONDAY TO WEDNESDAY)

Cheese Pizza	$5.00
Ham & Cheese	$5.50
Pepperoni & Cheese	$5.50

BURGERS



Chicken Fillet Burger *(with Lettuce & Mayo)*	$5.50
Beef Burger with Cheese	$6.00
Beef Burger with Lettuce & Tomato	$6.50
Vege Burger	$6.00
Crumbed Chicken Fillet Burger with Cheese	$6.00

HOT MEALS

Meatball Pasta	$5.50
Butter Chicken & Rice GF	$5.50
Spaghetti Bolognese	$5.50
Nachos	*with Veg* $3.50
	with Beef $5.00
	the Lot $6.50
Lasagne	$5.50
Ravioli	$5.00
Cheesy Chicken Pasta	$6.00
Gluten Free Spaghetti GF	$6.00

CRUSTY SUB ROLLS (All Subs $7.50)

Choose 1 option:
Chicken Schnitzel, Chicken Breast, Ham, Tuna, OR Italian Meatballs

Choose your salads:
Carrot, Cheese, Onion, Tomato, Lettuce, Cucumber, Olives, Beetroot

Choose your dressings:
Caesar, Garlic Aioli, Ranch, Sweet Chilli, Tomato, BBQ, Mayo OR Mustard

Extra Meat	**+$2.00**
Add a 600ml Bottle Water	**+$1.00**

Fresh Start Canteens

BREAKFAST

Hash Brown	$1.50
Hot Chocolate	*Reg* $2.00
Toasted Sandwich	*From* $3.00
Assorted Fresh Fruit	*From* $1.50
Fruit Salad Cup	$3.50
Fruit Salad Bowl	$4.50
Fresh Baked Muffins	$2.00
Fresh Juice, Milk & Cereal	$1.50

are sold over the counter each morning

DRINKS

Oak Flavoured Milk	*Small* $3.50
Groove Drink	$3.50
Juice Popper	$2.50
Water 600ml	$2.50
Up n Go	$3.50

FRESH SALADS

Garden Salad GF & V
(Lettuce, Tomato, Carrot & Cucumber)
Regular $5.00
With Meat $6.00

Caesar Salad
(Lettuce, Ham, Croutons, Cheese & Dressing)

Baby Spinach Salad GF & V
(Baby Spinach, Tomato, Olives, Cucumber & Cheese)

Vegetarian Salad GF & V
(Mixed Lettuce, Tomato, Onion, Cucumber, Corn & a Drizzle of Vinaigrette)

Pasta Salad **NEW**
(Pasta, Tomato, Pepperoni, Cheese, Corn, Onion & Mayo)

Greek Pasta Salad **NEW**
(Pasta, Tomato, Cucumber, Red Onion, Olives & Fetta)

Sweet Chilli Chicken Salad
(Garden Salad served with sliced Sweet Chilli Tenders & Mayo)
Regular $6.00
With Meat $7.00

Add a 600ml bottled Water **+$1.00**

Free Dressing Choice of:
Italian, French, Balsamic or Caesar

GF – Gluten Free
V - Vegetarian

ORDER YOUR LUNCH

All online ordering can be done through Flexischools. To register go to: www.flexischools.com.au

Cut off time for online lunch orders is 9:00am or handed directly to the canteen each day.

Please note: Noodle cups & Ice blocks and Recess Orders are to be collected from the canteen by the student.

SNACKS & ICE BLOCKS

Homemade Fresh Muffins	$2.00
Banana Bread	$3.00
Popcorn GF	$1.00
Quelch Stick	$1.00
Mamee Noodles Snack	$1.50
Frozen Juice Cup	$1.50
Ice Mony Ice Block	$2.00
Juicee Tube Ice Block	$2.00
Red Rock Deli Chips GF	$2.50
Moosie	$3.00

Fresh Start Canteens