

Glenmore PARK

Canteen

Everyday Meal Deals

\$7.50

Choose one main

- ✂ Pizza
- ✂ Burger
- ✂ Toasties

Choose one snack

- ✂ Fruit
- ✂ Fresh Popcorn
- ✂ Iceblock of choice (\$1.00 range)
- ✂ Fresh Custard cup

Choose any drink

- ✂ Drink



Pizza (Homemade)

- \$5.00 BBQ Chicken Pizza EVERYDAY
- \$5.00 Cheese Pizza EVERYDAY
- \$5.00 Ham & Cheese Pizza EVERYDAY
- \$5.00 Vegetarian Pizza EVERYDAY

Breakfast Specials

- \$2.50 Cheese and bacon rolls
- \$2.50 Pancakes (w/ maple syrup or golden syrup)
- \$1.00 Hash Browns

Up to 9am

Burgers

- \$5.00 Beef Burger EVERYDAY
- \$5.00 Chicken Burger EVERYDAY
- \$5.00 Vegie Burger EVERYDAY

Toasties

- \$3.00 Cheese EVERYDAY
- \$3.20 Cheese & Tomato EVERYDAY
- \$3.20 Spaghetti EVERYDAY
- \$3.20 Baked Beans EVERYDAY

Hot Foods

- \$3.30 Sauce Portion (BBQ or Tomato) EVERYDAY
- \$4.50 Meatball Sub EVERYDAY
- \$6.00 Mac & Cheese (200g Homemade) EVERYDAY
- \$6.00 Spaghetti Bolognese (200g Homemade) EVERYDAY
- \$6.00 Butter Chicken & Rice (200g Homemade) EVERYDAY
- \$6.00 Beef Lasagna (200g Homemade) EVERYDAY
- 1.00 (each) Chicken Breast Nuggets OCCASIONAL

Fresh Wraps (White or Wholemeal)

- \$5.00 Chicken Caesar Wrap EVERYDAY
(Chicken, Cos Lettuce, Egg, Cheese, Caesar dressing)
- \$5.00 Chicken & Sweet chili wrap EVERYDAY
(Sweet Chili Sauce, Chicken tenders, Lettuce)
- \$5.00 Ham & Salad Wrap EVERYDAY
(Ham, Lettuce, Tomato, Cucumber, Carrot, Beetroot)
- \$5.00 Salad Wrap EVERYDAY
(Lettuce, Tomato, Cucumber, Carrot, Beetroot)

- \$1.50 Hash Brown OCCASIONAL
- \$2.50 1/2 Garlic Bread OCCASIONAL
- \$3.50 Hot Dog with Sauce OCCASIONAL
- \$1.50 Mini Party Pie OCCASIONAL
- \$1.50 Mini Sausage Roll OCCASIONAL
- \$5.00 Meat Pie (H) OCCASIONAL
- \$4.50 Sausage Roll (H) OCCASIONAL
- \$3.50 Cup of Noddles (Chicken or Beef) OCCASIONAL
- \$2.70 Fresh Cheese & Bacon Roll OCCASIONAL
- \$1.20 Corn Cob EVERYDAY
- \$1.00 (each) Fish Fingers OCCASIONAL



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Order Online

www.flexischools.com.au
Order before 9:45am Daily

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AMERICAN EXPRESS VISA MasterCard

Notice

If you have any food allergies or special dietary restrictions, please notify the staff and we will try to accommodate you.

Contact Us

canteenglenmorepark@gmail.com
02 47 336204

Salad Bowls

\$5.20 Garden Salad **EVERYDAY**

(Mixed lettuce leaves, Tomato, Beetroot, Carrot, Cucumber)

\$5.20 Chicken Salad **EVERYDAY**

(Roast chicken, Mixed lettuce leaves, Tomato, Beetroot, Carrot, Cucumber)

\$5.20 Sweet Chili Chicken Salad **EVERYDAY**

(Chicken tenders, Mixed lettuce leaves, Tomato, Beetroot, Carrot, Cucumber, Sweet chili sauce)

CHOICE OF DRESSING

French, Balsamic, Italian, Caesar, Sweet Chili or Mayonnaise **EVERYDAY**

Rice Paper Rolls (2 Pack) with Sweet Chilli or Soy Sauce

\$6.50 Vegetarian **EVERYDAY**

(Vermicelli noodles, Lettuce, Carrot, Cucumber)

\$6.50 Chicken **EVERYDAY**

(Vermicelli noodles, Roast chicken, Lettuce, Carrot, Cucumber)

\$6.50 Tuna **EVERYDAY**

(Vermicelli noodles, Tuna, Cucumber & Mayo)



Sandwiches

White, Wholemeal or Gluten Free
(extra \$1.00)

\$2.50 Vegemite, Jam or Honey **EVERYDAY**

\$2.80 Cheese **EVERYDAY**

\$3.00 Ham **EVERYDAY**

\$3.00 Egg (Plain or Curried) **EVERYDAY**

\$3.50 Egg, Lettuce & Mayo **EVERYDAY**

\$4.50 Salad **EVERYDAY**

(Lettuce, Tomato, Cucumber, Carrot, Beetroot)

\$3.00 Cheese & Tomato **EVERYDAY**

\$4.00 Chicken, Lettuce & Mayo **EVERYDAY**

\$3.30 Ham & Cheese **EVERYDAY**

\$3.00 Tuna **EVERYDAY**

Snacks

\$3.20 Muffins **OCCASIONAL**

\$0.50 Chinese Rice Crackers **OCCASIONAL**

\$0.25 Breadsticks (Plain or Pizza) **EVERYDAY**

\$2.50 Red rock deli chips (Plain) **OCCASIONAL**

\$2.50 Grain Waves (Sour Cream & Chives) **OCCASIONAL**

\$3.00 Rice Snaps (BBQ, Light & Tangy) **OCCASIONAL**

\$1.60 Noodle Snacks (BBQ or Chicken) **OCCASIONAL**

\$1.00 Bag of Popcorn **EVERYDAY**

\$2.50 Milo Bar (Original) **OCCASIONAL**

\$2.00 (\$1.00 each) Pikelets [2]

(Jam, Honey or Golden Syrup) **OCCASIONAL**



Drinks

\$2.50 Apple Popper **EVERYDAY**

\$2.50 Paradise Popper **EVERYDAY**

\$3.20 Juice Bomb (Watermelon) **EVERYDAY**

\$3.20 Juice Bomb (Apple/Blackcurrant) **EVERYDAY**

\$3.20 Glee 99% fruit juice

(Bubblegum Grape, Tropical, Rockin Raspberry) **EVERYDAY**

\$3.50 Chocolate Milk **EVERYDAY**

\$3.50 Strawberry Milk **EVERYDAY**

\$2.00 300ml Water **EVERYDAY**

\$2.80 600ml Water **EVERYDAY**

\$2.00 Slushies

(100% juice) Blue Arctic & Strawberry flavours **EVERYDAY**

\$2.50 Hot Chocolate **EVERYDAY**

\$3.50 Up & Go Banana **EVERYDAY**

\$3.50 Up & Go Chocolate **EVERYDAY**

\$3.50 Up & Go Strawberry **EVERYDAY**



Ice Blocks

\$1.00 TNT Sour Blue Raspberry or Raspberry Blast **EVERYDAY**

2.50 Paddle Pops (Chocolate, Rainbow or Banana) **OCCASIONAL**

\$1.00 ABC Frozen Fruit Cup (Blackcurrant or Orange) **EVERYDAY**

\$1.00 Snap Stix (Sour Blue, Sour Grape, or Pineapple) **EVERYDAY**

\$1.00 Zooper Doopers (Sugar-free) **OCCASIONAL**

Fruit/ Yogurt & Custard

\$1.50 Fresh Fruit (Apple, Orange or Banana) **EVERYDAY**

\$2.50 Watermelon Cup (Seasonal) **EVERYDAY**

\$2.50 Strawberries Cup (Seasonal) **EVERYDAY**

\$2.50 Assorted Fruit Cup (Seasonal) **EVERYDAY**

\$4.50 Fruit Salad **EVERYDAY**

\$2.00 Yogurt **EVERYDAY**

\$2.00 Jelly (Diet) **EVERYDAY**

\$2.00 Homemade Custard Cup **EVERYDAY**



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\$3.00

CRUNCH & SIP

**APPLE, ORANGE
OR BANANA**

W/350ML WATER



STUDENT NAME

CLASS OR TEACHER

EXCURSION

PACK

\$8.50

COMES WITH
600ML
BOTTLED WATER

ALLERGIES/DIETARY REQUIREMENTS

! PLEASE CIRCLE YOUR CHOICES

Choose One Sandwich or Roll

- HAM
- HAM AND CHEESE
- VEGEMITE
- STRAWBERRY JAM
- HONEY

OR

- CHEESE & BACON ROLL



Choose One Drink

- JUICE BOMB - WATERMELON
- JUICE BOMB - APPLE/RASPBERRY
- POPPER - APPLE
- POPPER - TROPICAL



Choose One Snack

- MILO BAR
- RED ROCK HONEY SOY CHIPS
- NOODLE SNACK - BBQ
- NOODLE SNACK - CHICKEN
- BAG OF FRESH POPCORN

Choose One Piece of Fruit

- BANANA
- APPLE
- ORANGE



ORDER & PRE-PAYMENT

REQUIRED NO LATER THAN THE DAY BEFORE THE EXCURSION

AVAILABLE VIA
FLEXI SCHOOLS

OR AT THE SCHOOL VIA CASH OR EFTPOS

