

THE HEALTHY CANTREEN

MENU	PRICE	EVERYDAY OCCASIONAL
PIZZA (HOMEMADE)		
BBQ CHICKEN PIZZA	\$4.50	E
CHEESE PIZZA	\$4.30	E
HAM & CHEESE PIZZA	\$4.30	E

HOT FOODS

MAC & CHEESE (200G HOMEMADE)	\$4.30	E
SPAGHETTI BOLOGNESE (200G HOMEMADE)	\$4.30	E
BUTTER CHICKEN & RICE (200G HOMEMADE)	\$4.30	E
CHICKEN BREAST NUGGETS	\$0.80 (EACH)	0
HASH BROWN	\$1.00	0
1/2 GARLIC BREAD	\$1.70	0
HOT DOG WITH SAUCE	\$2.80	0
MEATBALL AND CHEESE SUB	\$4.40	0
PORK STEAMED DUMPLINGS	\$1.00 (EACH)	E
MINI PARTY PIE	\$1.20	0
MEAT PIE	\$3.80	0
SAUSAGE ROLL	\$3.70	0
CUP OF NOODLES (CHICKEN OR BEEF)	\$2.70	0
CHEESE & BACON ROLL	\$2.50	E
CORN COB	\$1.20	E
FISH FINGERS	\$1.00 (EACH)	0

TOASTIES

CHEESE	\$2.80	E
CHEESE AND TOMATO	\$2.80	E
SPAGHETTI	\$2.80	E
BAKED BEANS	\$2.80	E

Everyday

MEAL DEALS!

(\$6.50)

CHOOSE ONE MAIN

PIZZA
BURGER
TOASTIES
WRAP/SANDWICH OR ROLL
SALAD BOWL
RICE PAPER ROLL (2-PACK)

CHOOSE ONE SNACK

FRUIT
FRESH POPCORN
FREZZY POP/TNT ICEBLOCK
FRESH CUSTARD CUP

CHOOSE ANY DRINK

DRINK

FRUIT/YOGURT & CUSTARD

FRESH FRUIT

(SLINKY APPLE, ORANGE OR BANANA)	\$1.00	E
WATERMELON CUP (SEASONAL)	\$2.00	E
STRAWBERRIES CUP (SEASONAL)	\$2.00	E
GRAPE CUP (SEASONAL)	\$2.00	E
FRUIT SALAD (SMALL)	\$3.50	E
FRUIT SALAD (LARGE)	\$5.00	E
FRUIT SALAD W/ YOGURT (SMALL)	\$4.00	E
VANILLA YOGURT	\$2.00	E
DIET JELLY	\$1.00	E
CUSTARD	\$1.00	E

BURGERS

BEEFY BURGER	\$4.50	E
SCHNITZ BURGER	\$4.50	E
OCEAN CATCH BURGER	\$4.50	E
VEGIE BURGER	\$4.50	E



Order Online:
flexischools.com.au
Order Before 9:30AM Daily



EFTPOS Available:



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



Contact:
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MENU	PRICE	EVERYDAY OCCASIONAL
SALAD BOWLS		
GREEN SALAD (MIXED LETTUCE LEAVES, TOMATO BEETROOT, CARROT, CUCUMBER)	\$4.00	E
CHICKEN SALAD (ROAST CHICKEN, MIXED LETTUCE LEAVES, TOMATO, BEETROOT, CARROT, CUCUMBER)	\$4.30	E
SWEET CHILI CHICKEN SALAD (CHICKEN TENDERS, MIXED LETTUCE LEAVES, TOMATO, BEETROOT, CARROT, CUCUMBER, SWEET CHILLI SAUCE)	\$4.30	E
TUNA & SALAD (TUNA, MIXED LETTUCE LEAVES, TOMATO, BEETROOT, CARROT, CUCUMBER)	\$4.30	E
HAM SALAD (HAM, MIXED LETTUCE LEAVES, TOMATO, BEETROOT, CARROT, CUCUMBER)	\$4.30	E
SALAD BOWLS		
AVOCADO, CHEESE, CHICKEN, EGG	\$1.00	E EXTRA
CHOOSE DRESSING W/ SALAD		
FRENCH, BALSAMIC, ITALIAN, CAESAR, SWEET CHILLI OR MAYONAISE	FREE	E
RICE PAPER ROLLS (2 PACK) WITH SWEET CHILLI OR SOY SAUCE		
VEGETARIAN (VERMICELLI NOODLES, LETTUCE, CARROT, CUCUMBER)		
	\$4.50	E
CHICKEN (VERMICELLI NOODLES, ROAST CHICKEN, LETTUCE, CARROT, CUCUMBER)		
	\$4.50	E
TUNA (VERMICELLI NOODLES, TUNA, CUCUMBER AND MAYO)		
	\$4.50	E

SANDWICH OR BREAD ROLL WHITE, WHOLEMEAL OR GLUTEN FREE (EXTRA \$1.00)

VEGEMITE, JAM OR HONEY

(TOASTED OPTIONAL) \$1.80 E

CHEESE \$2.80 E

HAM \$2.80 E

EGG (PLAIN OR CURRIED EGG) \$2.80 E

SALAD (LETTUCE, TOMATO, CUCUMBER,
CARROT, BEETROOT) \$3.50 E

CHEESE & TOMATO \$2.80 E

CHICKEN & CHEESE \$3.30 E

CHICKEN, LETTUCE & MAYO \$3.30 E

HAM & CHEESE \$3.50 E

HAM, CHEESE & SALAD \$3.80 E

TUNA \$3.00 E

TUNA & SALAD \$3.50 E



Everyday
MEAL DEALS! (\$6.50)

CHOOSE ONE MAIN

PIZZA
BURGER
TOASTIES
WRAP/SANDWICH OR ROLL
SALAD BOWL
RICE PAPER ROLL (2-PACK)

CHOOSE ONE SNACK

FRUIT
FRESH POPCORN
FREZZY POP/TNT ICEBLOCK
FRESH CUSTARD CUP

CHOOSE ANY DRINK

DRINK

FRESH WRAPS (WHITE OR WHOLEMEAL)

CHICKEN CAESAR WRAP (CHICKEN, COS LETTUCE, EGG, CHEESE, CAESAR DRESSING) \$4.50 E

CHICKEN BREAST SCHNITZEL (CHICKEN SCHNITZEL, LETTUCE & MAYO) \$4.50 E

CHICKEN & SWEET CHILLI WRAP (SWEET CHILLI SAUCE, CHICKEN TENDERS, LETTUCE) \$4.50 E

HAM & SALAD WRAP (HAM, LETTUCE, TOMATO, CUCUMBER, CARROT, BEETROOT) \$4.50 E

SALAD WRAP (LETTUCE, TOMATO, CUCUMBER, CARROT, BEETROOT) \$4.50 E

TOASTED PIZZA WRAP (PIZZA SAUCE, CHEESE HAM, PINEAPPLE) \$4.50 E



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SMOOTHIES (FULL CREAM, SKIM, LACTOSE FREE OR SOY - 250ML)		
MIXED FRUIT (STRAWBERRIES, MANGO, PEACHES, YOGURT & MILK)	\$3.50	E
BANANA & HONEY SMOOTHIE (BANANA, HONEY, YOGURT & MILK)	\$3.50	E
STRAWBERRY SMOOTHIE (STRAWBERRIES, YOGURT & MILK)	\$3.50	E



DRINKS

CHILL J 100% SPARKLING FRUIT JUICE (ORANGE PASSION)	\$2.70	E
CHILL J 100% SPARKLING FRUIT JUICE (GRAPE)	\$2.70	E
ORANGE POPPER	\$1.80	E
APPLE POPPER	\$1.80	E
TROPICAL POPPER	\$1.80	E
JUICE BOMB (WATERMELON)	\$2.70	E
JUICE BOMB (BLACKCURRANT)	\$2.70	E
LIGHT CHOCOLATE FLAVOURED MILK	\$2.70	E
LIGHT STRAWBERRY MILK	\$2.70	E

PLAIN MILK	\$2.00	E
250ML WATER	\$1.50	E
600ML WATER	\$2.00	E
SLUSHIES (100% JUICE - BLUEBERRY OR RASPBERRY FLAVOURS)	\$2.00	E
HOT CHOCOLATE	\$1.50	E
UP & GO BANANA	\$2.70	E
UP & GO CHOCOLATE	\$2.70	E
UP & GO STRAWBERRY	\$2.70	E



SNACKS



BREADSTICKS (PLAIN OR PIZZA)	\$0.20	E
GRAIN WAVES (SOUS CREAM & CHIVES)	\$1.50	0
RICE SNAPS (BBQ, LIGHT & TANGY)	\$1.50	0
NOODLE SNACKS (BBQ OR CHICKEN)	\$1.00	0
POPCORN CUP (FRESH PLAIN)	\$0.40	E
MILO ENERGY SNACK BAR (ORIGINAL)	\$1.50	0
PIKELETS [2] (JAM, HONEY OR GOLDEN SYRUP)	\$1.20 (60C EACH)	E

ICE CREAMS/FROZEN SNACKS & ICE BLOCKS

TNT SOUR BLUE RASPBERRY OR RASPBERRY BLAST	\$1.00	E
TNT RASPBERRY BLAST FREEZY POP	\$1.00	E
ICE MONY (CHOCOLATE OR SOUR BLUE RASPBERRY)	\$1.00	E
CHOCOLATE MOOSIE	\$2.20	0
PUSH POP (LEMONADE OR WILD BERRY)	\$1.60	E
PADDLE POP (CHOCOLATE OR RAINBOW)	\$1.80	0
SNAP STIX (SOUS BLUE, SOUS GRAPE, OR PINEAPPLE)	\$1.00	E
VANILLA DIXIE CUP	\$1.20	0
ZOOPEE DOOPERS	\$1.00	E
FROZEN JUICE CUP (APPLE & BLACKCURRANT)	\$1.00	E



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