



RECESS

- Popcorn (GF)(V) \$0.50
- Fruit Kebab (V) Add a Banana Pikelet or Bliss Ball for 0.50c \$1.00
- Frozen Fruit Stick \$1.00
- Yoghurt Pouch (V) \$1.50
- Fruit Salad & Yoghurt Cup \$2.00
- Cheesy Wrap or Baked Beanie (V) \$1.50
- Corn on the Cob (GF)(V) \$0.50
- Banana Pikelets x2 (V) \$0.50
- Mini Quesadilla (Cheese & Vegetable Salsa Wrap) \$1.50
- Banana Bread \$2.00
- Sweet Potato, Banana, Weetbix Brownie \$2.00
- Cookies 🌀 \$1.00
- Whole Fresh Fruit \$1.00
- Crunch & Sip Pack (Seasonal fresh fruit and veg - cut into pieces) \$2.00
- Vege Stick Pack (Crackers, veg sticks & dip) \$2.50

LUNCH

- Honey Soy Meatballs & Rice \$4.50
- Spaghetti Bolognaise \$4.50
- Mac 'n' Cheese (V) \$4.00
- Burrito Bowl (GF) \$6.00
- Crispy Chicken Burrito (Pita wrap, crispy chicken, salsa, cheese, sour cream, lettuce, tomato) \$5.50
- Pizza - Cheesy Margarita 🌀, Meatlovers, Ham & Cheese 🌀 \$4.50
- Pizza Snack Pack* 🌀 \$7.50
- Zucchini Slice (GF)(V) Add a Salad + \$3.00 \$3.50
- Corn Fritters with Salsa & Salad (V) \$6.00
- Taco Boats x2 - with lettuce, tomato, cheese, sour cream
Vegetarian Salsa OR Chilli Con Carne \$5.50
- Sushi 5pc ****TUES & THURS ONLY****
 - Katsu Chicken - Teriyaki Chicken
 - Vegetarian - Tuna \$6.50

GF = Gluten Free

🌀 = GF Available

V = Vegetarian

● = Green List

● = Amber List

● = Red List



SANDWICHES (Toasted add 40c, Other Fillings add 50c) 🌀

- Vegemite \$1.50
- Cheese \$2.20
- Cheese and Tomato \$2.20
- Ham and Cheese \$3.00
- Chicken, Cheese and Mayo \$3.20
- Ham OR Chicken Salad Wrap/Sandwich \$4.50
- Salad Bowl (Lettuce, Carrot, Tomato, Cheese, Beetroot) \$5.00
- add Ham/Chicken/Egg/Tuna \$1.00
- Sandwich Snack Pack* \$6.50

*Snack Pack contains Fresh Fruit Salad Cup, 2x Banana Pikelets & Popcorn

DRINKS

- Milk \$1.50
- Flavoured Milk \$2.50
Chocolate/Spearmint/Strawberry
- Juice Bombs \$2.50
- Juice Boxes \$2.00
- Water \$1.50

Order at

flexischools.com.au

PASTRIES

****WEDNESDAY & FRIDAY ONLY****

- Sausage Roll \$3.50
- Halal Sausage Roll \$3.80
- Tomato Sauce \$0.40
- Beef Pie \$4.00
- Halal Beef Pie \$4.30

ICE CREAMS (LUNCH ONLY)

- Chocolate Slushy \$2.00
- Choc Milk Slams (GF) \$1.00
- Nicey Poles (Homemade icy poles) \$1.00
- Moosies \$2.00
- Froyo \$2.50