

THE LUNCH BOX

WINTER MENU 2025

DAILY SPECIALS

MONDAY

Jacket Potato (GF)\$6.00
Baked potato with choice of filling:
Savoury Mince, Ham, Hawaiian, Baked
Beans or plain. All potatoes served
with cheese, sour cream & shallots.

TUESDAY

Sushi\$4.00
Homemade sushi, choice of Chicken,
Chicken Teriyaki, Chicken and Avo,
Avocado, Tuna, Tuna and Avo

WEDNESDAY

Chicken and Wedges \$7.00
Two chicken tenders served with
potato wedges.
Add Sauce 50c extra.

THURSDAY

Buddy Burger \$6.00
Choice of Beef, Chicken or
Veggie patty with lettuce,
tomato and sauce.

FRIDAY

Karaage \$7.00
Your choice of: Chicken Karaage or
Cauliflower Karaage. All served on
Steamed Rice & Cabbage with a
drizzle of Mayonnaise & Tonkatsu Sauce

Lunch Pack - \$8

Includes your choice of sandwich (jam,
honey, vegemite or cheese), piece of fruit,
muffin and your choice of snack (popcorn,
chips or cheese and crackers)

SANDWICHES/WRAPS/BOX

Honey, Jam or Vegemite \$2.50
Cheese \$3.00
Egg and Lettuce \$4.50
Salad \$4.00
Ham or Chicken \$4.00
Add Salad \$2.00
Add Cheese \$0.50
Salad includes: lettuce, tomato, carrot and
cucumber.

HOT ITEMS

Mac & Cheese (V)\$5.50
Homemade macaroni and cheese.

Chicken Slider\$3.00
Mini naan bread with Chicken Tender
or Sweet Chilli Chicken Tender served
with lettuce & herb mayonnaise.

Lasagne

Beef\$5.50
Vegetarian (V)\$5.50

Rice (V)(GF)\$2.00
Steamed rice with soy sauce.

Hot Dog\$4.50
97% Fat Free Hot Dog served in freshly
baked hot dog buns with tomato or
BBQ sauce. Cheese 50c extra.

Pretzel (V) Served Warm.....\$2.00

Mini Garlic Bread (V)\$1.50

Corn Cob (V) (GF).....\$2.00

Chicken Nuggets (GF).....\$4.50
6 chicken breast nuggets. Sauce 50c.

Tempura Fish Cocktail\$4.00
4 piece per serve. Tartare sauce 50c
extra.

Cheesy Toast (V)\$2.50

Pizza Slab\$5.50
choice of Cheese (V), Vegetarian (V),
Meat & Cheese, BBQ Chicken, and
Hawaiian (beef and pineapple).

SNACKS

Homemade Muffin (V)\$2.50

Blueberry or Choc Chip Banana

Steamed Edamame (V)(GF).....\$2.50
Served warm and slightly salted.

Cheese & Crackers (V)\$1.50
4 water crackers & reduced fat cheese

Red Rock Deli Chips (GF)\$1.50
Sea Salt, Salt & Vinegar, Honey Soy
Chicken, Sweet Chilli & Sour Cream.

Bliss Balls(GF)(V)\$1.00

Fruit Seasonal\$1.50

Popcorn (plain)\$1.00

Freshly Baked Biscuit (V)\$1.00
ANZAC or Chocolate Chip

TOASTIES/JAFFLES

Spaghetti \$4.00
Ham, Cheese and Tomato \$5.00
Chicken and Cheese \$5.00
Baked Beans \$4.00
Savoury Mince..... \$4.50
Vegemite and Cheese \$3.50
Sweet Chilli Chicken Tender
Toasted Wrap\$5.00
Add cheese0.50c extra

FROZEN SNACKS

Mini Vanilla Drumstick\$2.50

Bulla Frozen Yoghurt \$3.00
97% Fat Free (V)

Mango, Raspberry or Strawberry

Ice Cream Dixie Cup (GF)\$1.50
Lemon (DF), vanilla, strawberry,
chocolate.

Lifesavers Ice Block.....\$1.50

Lemonade Icy Pole\$1.50

Frozen Fruit\$0.50

DRINKS

Sparkling Water 500ml \$3.00

Flavoured Milk \$3.00
Chocolate, Strawberry or
Vanilla

Fruit Juice \$2.50
99% Fruit Juices

Apple, Orange, Pineapple,
Apple & Blackcurrant

Slushie \$2.50

Water 600ml \$2.00

(V) = Vegetarian.

(GF) = Gluten Free.



IF YOUR CHILD HAS A FOOD ALLERGY/INTOLERANCE PLEASE CONTACT THE TUCKSHOP TO SET UP A TIME TO DISCUSS THIS DIRECTLY WITH OUR CONVENOR BEFORE PLACING AN ORDER.

ORDER ONLINE: flexischools.com.au App:



Please place orders no later than 9am