

THE LUNCH BOX

AUTUMN MENU 2026

DAILY SPECIALS

MONDAY

Spaghetti\$6.00
Choice of Spaghetti with Marinara (V) or Beef Bolognese sauce. All topped with shredded cheese.

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 \$6.50
Choice of Beef, Chicken or Veggie patty with lettuce, tomato and sauce.

FRIDAY

Nacho Bowls (GF) \$6.50
Corn Chips topped with Mexican Beef Mince or Guacamole (V), salsa, shredded cheese and sour cream.

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/WRAP/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

Butter Chicken\$6.00
Homemade Butter Chicken served on steamed rice (GF).

Sliders\$3.50
Mini naan bread served with lettuce & herb mayo. Filling choice of: Chicken Tender (Regular or Sweet Chilli) or Fish.

Lasagne\$5.50
Choice of Beef or Vegetarian (V)

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

Hot Dog\$5.00
97% Fat Free Hot Dog served in freshly baked hot dog bun 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

Nuggets (GF)\$5.00
6 nuggets. Choice of Chicken or Vegan (V) Sauce 50c extra.

Tempura Fish Cocktail\$4.50
4 piece per serve. Tartare sauce 50c extra

Cheesy Toast (V)\$2.50

Pizza Slab\$6.00
choice of Cheese (V), Vegetarian (V), Meat & Cheese, BBQ Chicken, Pepperoni, and Hawaiian (beef and pineapple).

SNACKS

Homemade Muffin (V)\$2.50
Blueberry or Choc Chip Banana.

Sticks & Dip (V) (GF)\$2.50
Veggie sticks and ranch dip.

Cheese & Crackers (V)\$1.50
4 water crackers & reduced fat cheese.
Gluten Free option available.

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

Vanilla Custard (100g tub) (GF)\$1.50

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 \$3.00
99% Fruit Juices

Apple, Orange, Pineapple,
Apple & Blackcurrant

Slushie \$3.00

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