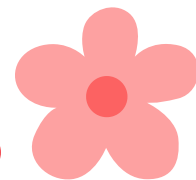


THE LUNCH BOX **SPRING MENU 2026**



DAILY SPECIALS

MONDAY

Stir Fry Noodles\$6.50
Homemade stir fry noodles with a sweet soy sauce. Made with your choice of Chicken or Vegetarian (V).

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

Greek Yiros\$7.00
Greek Pita bread filled with your choice of: Lamb, Chicken or Haloumi. All Yiros served with lettuce, tomato, red onion and tzatziki sauce.

Lunch Pack - \$8

Includes your choice of:

Sandwich (jam, honey, vegemite or cheese), a piece of **fruit** (seasonal), **muffin** (banana choc chip or blueberry) and **snack** (popcorn, chips or cheese & 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: lettuce, tomato, carrot & cucumber.

HOT ITEMS

Fried Rice (GF)\$5.50
Homemade with ham, egg and veggies.
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.
Fruit Salad (V)(GF)\$2.50
Cheese & Crackers (V)\$1.50
4 water crackers & reduced fat cheese.
Gluten Free option available.
Seaweed Sheets Snack (GF)(V)\$1.50
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)\$1.50
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

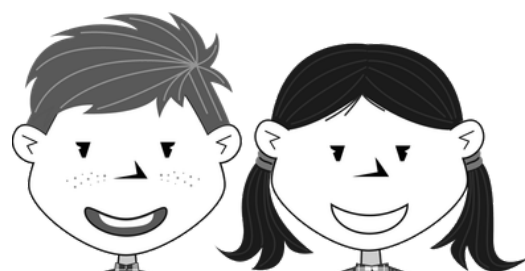
Mini Vanilla Drumstick\$2.50
Bulla Frozen Yoghurt \$3.00
97% Fat Free (V)
Mango, Raspberry or Strawberry
Ice Cream Dixie Cup (GF)\$1.50
Lemon (DF), vanilla, strawberry, chocolate.
Lifesavers Ice Block.....\$1.50
Lemonade Icy Pole\$1.50
Frozen Fruit\$0.50

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 TUCKSHOP CONVENOR BEFORE PLACING AN ORDER.

ORDER ONLINE: flexischools.com.au

App:



Please place orders no later than 9am