

THE LUNCH BOX

WINTER MENU 2022

DAILY SPECIALS

MONDAY\$5.00

Jacket Potato (H)(GF)

Homemade roasted jacket potato filled with your choice of savoury mince, ham, ham and pineapple or plain (V). All potatoes come topped with butter, shredded cheese, sour cream and shallots.

TUESDAY

Sushi (H)\$3.50

Homemade sushi, choice of Chicken, Chicken Teriyaki, Chicken and Avo, Avocado, Tuna, Tuna and Avo

WEDNESDAY \$5.00

Chicken and Wedges

Oven baked crumbed Chicken tenderloins with oven baked Potato wedges. Sauce 50c extra

THURSDAY

Buddy Burger \$4.50

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

FRIDAY

Cheese Pizza (H)\$3.50

Pizza (H) \$4.50

Choice of Ham and Cheese, Hawaiian, or Vegetarian.

BBQ Chicken and

Mushroom Pizza (H).....\$5.00

Chicken, Mushrooms and Spring Onions on a BBQ base.

Pizza The Lot (H)\$5.00

Ham, cheese, mushroom, pineapple, red capsicum and spring onions.

SANDWICHES/WRAP/BOX

Honey, Jam or Vegemite \$2.00

Cheese \$2.50

Egg and Lettuce \$3.50

Salad \$4.00

Ham or Chicken \$3.50

Add Salad \$2.00

Add Cheese \$0.50

Salad includes: lettuce, tomato, carrot + cucumber.

HOT ITEMS

Penne Alfredo (H)

Vegetarian (V).....\$4.00

Gluten free option available

Chicken.....\$5.00

Gluten free option available

Lasagna

Beef\$4.50

Vegetarian (V).....\$4.50

Rice (V)(GF)\$1.50

Steamed rice served with soy sauce.

Hot Dog\$3.50

97% Fat Free Hot Dog served in freshly baked hot dog buns with tomato or BBQ sauce.

Cheese 50 cents extra.

Pretzel (V) Served Warm\$1.70

Mini Garlic Bread (H) (V).....\$1.00

Corn Cob (V) (GF)\$1.50

Chicken Nuggets (GF).....\$4.00

6 chicken breast nuggets.

Sauce 50c.

Tempura Fish Cocktail\$4.00

4 piece per serve. Tartare

sauce 50c extra.

Cheesy Toast (H)(V)\$2.50

SNACKS

Homemade Muffin (H)(V)\$2.50

Blueberry or Choc Chip Banana

Homemade Vanilla Bean

Custard (H)(GF)(V)\$2.50

Cheese & Crackers.....\$1.50

4 water crackers & reduced fat cheese

Red Rock Deli Chips\$1.50

Sea Salt, Salt & Vinegar, Honey

Soy Chicken, Sweet Chilli &

Sour Cream.

Bliss Balls (H)(GF)(V)\$1.00

Fruit Seasonal\$1.50

Popcorn (plain)\$1.00

Freshly Baked Biscuit (V)\$1.00

ANZAC and Chocolate Chip

TOASTIES/JAFFLES

Spaghetti \$4.00

Ham, Cheese and Tomato \$4.50

Chicken and Cheese \$4.50

Baked Beans \$4.00

Savoury Mince..... \$4.50

Vegemite and Cheese \$3.00

Sweet Chilli Chicken Tender

Toasted Wrap.....\$4.50

Add cheese0.50c extra

FROZEN SNACKS

Mini Vanilla Drumstick\$2.00

Bulla Frozen Yoghurt..... \$2.50

97% Fat Free (V)

Mango, Raspberry or Strawberry

Ice Cream Dixie Cup (GF)\$1.00

Lemon (DF), vanilla, strawberry, chocolate.

Lifesaver Ice Block\$1.50

Quelch Fruit Ice Block\$0.50

Lemonade Icy Pole\$1.50

Frozen Fruit\$0.50

DRINKS

Sparkling Water 500ml \$2.50

Flavoured Milk \$2.50

Chocolate, Strawberry or Vanilla

Fruit Popper \$2.00

99% Fruit Juices

Apple, Orange, Apple &

Blackcurrant

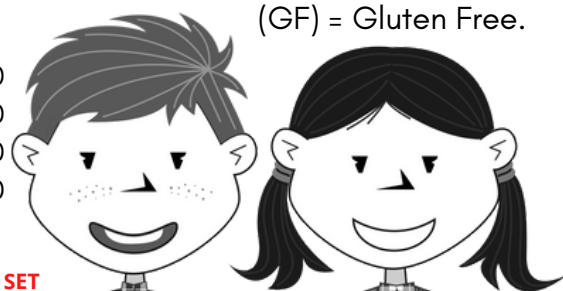
Slushie \$2.00

Water 600ml \$2.00

(H) = Homemade.

(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