

THE LUNCH BOX

WINTER MENU 2021

DAILY SPECIALS

MONDAY

Jacket Potato (GF)(H)\$5.00
Roast whole potato stuffed with ham, hawaiian, savoury mince, baked beans (V) or plain (V). All potatoes topped with shredded cheese and sour cream

TUESDAY

Sushi (H)\$2.80
Homemade sushi, choice of Chicken, Chicken Teriyaki, Chicken and Avo, Avocado, Tuna, Tuna and Avo

WEDNESDAY

Chicken and Wedges \$5.00
Oven baked crumbed Chicken tenderloins with oven baked Potato wedges.

THURSDAY

Buddy Burger \$4.00
Choice of Beef, Chicken or Veggie patty with lettuce, tomato and sauce.

FRIDAY

BBQ Chicken and Mushroom Pizza (H) \$5.00
Chicken, Mushrooms and Spring Onions on a BBQ base.

Pizza (H) \$4.00
Choice of Ham and Cheese, Hawaiian, or Vegetarian.

Pizza The Lot (H) \$5.00
Ham, cheese, mushroom, pineapple, red capsicum and spring onions.

SANDWICHES/WRAP/BOX

Honey, Jam or Vegemite \$1.50
Cheese \$2.00
Egg and Lettuce \$3.00
Salad \$3.50
Ham or Chicken \$3.00
Add Salad \$1.50
Add Cheese \$0.50
Salad includes: lettuce, tomato, carrot + cucumber.

HOT ITEMS

Mac and Cheese(H)(V)\$4.00
Homemade with hidden veggies. Gluten free option available.

Chicken Nuggets (GF) \$3.50
6 Chicken breast nuggets. Sauce 50c.

Bangers and Mash (H) \$4.00
Beef sausages in gravy with mash potato.

Beef or Vegetarian (V)
Lasagna \$4.50
Rice (V)(GF) \$1.50
Steamed rice served with soy sauce.

Hot Dogs \$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 \$1.50

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

Corn Cob (V)(GF) \$1.50

Cheesy Toast (H)(V) \$2.00

Mini DimSims (V) 5 for \$3.00
Served with soy sauce

SNACKS

Homemade Muffin (H)(V) .. \$2.00
Blueberry or Choc Chip Banana

Jam Slice (H)(V) \$1.50

Cheese & Crackers \$1.50
4 Water Crackers & Reduced Fat Cheese.

Red Rock Deli Chips \$1.30
Options: Sea Salt, Salt & Vinegar, Honey Soy Chicken, Sweet Chilli & Sour Cream.

Bliss Balls (H)(GF)(V) \$0.50

Fruit Seasonal \$1.00

Popcorn (plain) \$1.00

Pretzels Bags 15gr \$1.00

Freshly Baked Biscuits (V) .. \$1.00
Anzacs or Chocolate Chip

TOASTIES/JAFFLES

Spaghetti \$3.50
Ham, Cheese and Tomato \$4.00
Chicken and Cheese \$4.00
Baked Beans \$3.50
Savoury Mince \$4.00
Vegemite and Cheese \$3.00
Sweet Chilli Chicken Tender
Toasted Wrap\$4.00
Add cheese0.50c extra

FROZEN SNACKS

Bulla Frozen Yoghurt \$2.50
97% Fat Free (V)
Mango, Raspberry or Strawberry

Ice Cream Dixie Cups (GF) \$1.00
Vanilla or Chocolate.
Lemon Sorbet option is Dairy Free

Frozen Fruit \$0.50
Seasonal frozen fruit

Lifesaver Ice Block \$1.50

Frozen Fruit Juice Cup \$0.50

Frosty Fruits Ice Block \$1.50

DRINKS

Sparkling Water 500ml \$2.50

Flavoured Milk
Chocolate, Strawberry or French Vanilla \$2.50

Fruit Poppers \$2.00
99% Fruit Juices
Apple, Orange, Apple & Blackcurrant

Slushie \$2.00

Water 600ml \$1.50

(H) = Homemade. (V) = Vegetarian. (GF) = Gluten Free.

ORDER ONLINE: flexischools.com.au App:



Please place orders no later than 9am

