



**ORDER ONLINE BEFORE 8AM
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WELCOME TO THE LUNCH AND MUNCH CANTEEN



The Lunch and Munch Canteen is committed to providing fresh and healthy food and our canteen menu will be regularly revised to comply with the NSW Healthy Food Standards.

Whilst we offer some special dietary options and all care is taken, please note all food is prepared and handled in the same facility as other high allergen foods. We are aware of students with life threatening allergies and whilst every care is taken regarding cross contamination, we have no control over our suppliers handling prior to delivery.

The canteen is open Thursday and Friday. You can place an order for both Break 1 and Break 2 online through Flexischools.

CREATE YOUR FLEXISCHOOL ACCOUNT

We use FLEXISCHOOLS which is an online system that makes ordering your child's lunch so easy. Download the APP now

**ORDER
BEFORE
8AM**

HOW TO REGISTER WITH FLEXISCHOOLS:

- 1 Download the Flexischools app and select 'Like to Register?'
- 2 Submit your email address to create an account.
- 3 Go to your inbox and click the link to verify your email (remember to check junk).
- 4 Follow the registration process, creating a password and adding your personal details.
- 5 Add your student under 'Profile' and start ordering online!



www.flexischools.com.au



SANDWICHES, WRAPS & ROLLS (E) CANTEEN MADE

ORDER
ONLINE

Fresh made daily Sandwiches, Wraps & Rolls. Canteen made poached chicken breasts are used for Sandwiches, Wraps, Toasties and Salads. Fresh vegetables harvested from our School Garden are used when available eg. tomatoes, celery, capsicum, lettuce. Vegetables are used in our Soups, Salads, Sandwiches and Snack Boxes.

ADD MAYONNAISE, AVOCADO - 50 cents ** ADD WRAP, ROLL OR GLUTEN FREE - \$1.00

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|--|--------|
| • Vegemite(gf) | \$2.00 |
| • Jam (gf) | \$2.00 |
| • Honey (gf) | \$2.00 |
| • Cheese(gf)(v) | \$3.00 |
| • Ham & Cheese (gf) | \$4.00 |
| • Egg & Lettuce & Mayo (gf) | \$5.00 |
| • SALAD - Lettuce, Tomato, Cucumber, Carrot, Beetroot (gf) | \$5.00 |
| • CHICKEN & SALAD - lettuce, tomato, cucumber, carrot, beetroot (gf) | \$6.00 |
| • HAM & SALAD - lettuce, tomato, cucumber, carrot, beetroot (gf) | \$6.00 |
| • TUNA & SALAD- lettuce, tomato, cucumber, carrot, beetroot (gf) | \$6.00 |
| • EGG & SALAD - lettuce, tomato, cucumber, carrot, beetroot (gf) | \$6.00 |
| • CHEESE & SALAD - lettuce tomato, cucumber, carrot, beetroot (gf) | \$6.00 |

SALAD BOX (E) CANTEEN MADE

ADD SALAD DRESSING OR MAYONNAISE - 50cents

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|--|--------|
| • SALAD - lettuce, tomato, cucumber, carrot, beetroot (gf/v) | \$5.00 |
| • CHICKEN & SALAD - lettuce, tomato, cucumber, carrot, beetroot (gf) | \$6.00 |
| • HAM & SALAD - Lettuce, Tomato, Cucumber, carrot, beetroot (gf) | \$6.00 |
| • TUNA & SALAD - lettuce, tomato, cucumber, carrot, beetroot (gf) | \$6.00 |
| • EGG & SALAD - lettuce, tomato, cucumber, carrot, beetroot (gf) | \$6.00 |
| • CHEESE & SALAD - lettuce, tomato, cucumber, carrot, beetroot (gf/v/df) | \$6.00 |

TOASTIES (E) CANTEEN MADE

HOT FOOD (O)

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|---------------------------------|--------|
| • Cheese(gf/df) | \$3.00 |
| • Ham (gf) | \$3.00 |
| • Chicken (gf) | \$3.00 |
| • Baked Beans(v) | \$3.00 |
| • Cheese & Tomato (gf/df) | \$4.00 |
| • Ham & Cheese (gf) | \$4.00 |
| • Chicken & Cheese (gf) | \$4.00 |
| • Cheese & Pineapple (gf) | \$4.00 |
| • Ham, Cheese, Tomato (gf) | \$5.00 |
| • Ham, Cheese, Pineapple (gf) | \$5.00 |
| • Chicken, Cheese, Avocado (gf) | \$5.00 |

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|--------------------------------|--------|
| • Sausage Roll (lean) (O) | \$4.00 |
| • Meat Pie (lean) (O)(gf) | \$4.50 |
| • 5 x Chicken Nuggets (O) (gf) | \$4.00 |

ADD GLUTEN FREE \$1 /ADD TOMATO/BBQ SAUCE 50cents

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|---|--------|
| Allied Chef Butter Chicken with rice (gf) | \$5.00 |
| Allied Chef Beef Lasagne | \$5.00 |
| Allied Chef Spaghetti Bolognese | \$5.00 |
| Allied Chef Macaroni Cheese | \$5.00 |

GLUTEN FREE BREAD ADD - \$1

DRINKS (E)

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|---|--------|
| • CUP OF PLAIN MILK (E)(gf) | 50c |
| • CUP OF MILO and MILK (E) | \$1.00 |
| • WATER (E)(gf) | \$2.00 |
| • 99% JUICE - Apple (E) (gf) | \$2.00 |
| • 99% JUICE - Orange (E) (gf) | \$2.00 |
| • 99% JUICE - Apple/Blackcurrant (E) (gf) | \$2.00 |
| • NIPPYS FLAVOURED MILK- Chocolate (E) (gf) | \$3.00 |
| • NIPPYS FLAVOURED MILK - Strawberry (E) (gf) | \$3.00 |

SNACK PACKS

CANTEEN MADE (E).

\$5.00

- PACK 1 - Juice + Cheese/Crackers +.Popcorn (gf)
- PACK 2 - Juice + Fresh Fruit Salad Cup + Popcorn (gf)
- PACK 3 - Juice + Dip(Hommus/French Onion)/Rice Crackers + Veggie Sticks (gf)
- PACK 4 - Snack Pack & Rice Crackers - Veggie Sticks,Cherry Tomato, Cheese, Hommus/French Onion (gf)
- PACK 5 - Vanilla Yoghurt & Granola + Fresh Fruit Salad Cup

OVER THE COUNTER

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|---|----------|
| • Freshly Popped Popcorn (E) (gf) | 50 cents |
| • Garlic, Cheese or Pizza Bread (E) | 50 cents |
| • Pikelets - honey or jam (E) | 50 cents |
| • Plain Milk (E) | 50 cents |
| • Milo and Milk (E) | \$1.00 |
| • Custard Cup (E) | \$1.00 |
| • Cheese & Crackers (E) | \$1.50 |
| • Dip (hommus/French onion)& Crackers (E) - (gf) | \$2.00 |
| • Dip (hommus/French onion) & Veggie Sticks (E)(gf) | \$2.50 |
| • Fresh Fruit Salad Cup (E)(gf) (v) | \$2.50 |
| • Vanilla Yoghurt & Granola (E) | \$2.50 |
| • Snack Packs (E)(gf) | \$5.00 |

FROZEN ICE TREATS

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|------------------------------------|--------|
| • Quelch 99% Juice Sticks (E) (gf) | \$1.00 |
| • Frozen 99% Juice Cups (E) (gf) | \$1.00 |
| • Snap Stix (E) | \$1.50 |
| • TNT(E) | \$2.00 |
| • Mousies (O) | \$2.00 |

(E) - Everyday at least 75% of items

(O) - Occasional less than 25% of items

(gf) - Gluten Free Option

(v) - Vegan