

HOW TO ORDER: Place your order online at www.flexischools.com.au OR complete a lunch bag in full (separate bag for recess and lunch) & include correct payment where possible, any change will be placed in the child's lunch bag. Then place order in the purple letter box next to the canteen window.

^{GF} - Gluten Free

^{DF} - Dairy Free

^D - Includes Dairy

****All Orders Must be received by 8.45am****

Tuesday

Drinks	
Plain Milk 250ml	\$1.00
Fruit Crusher ^{GF} 3 seasonal fruits eg, apple, w'melon, banana	\$2.00
Ovaltine - warm or cold	\$1.50
Water 350ml	\$1.00
Nudie Drinks 250ml - apple, orange, tropical	\$2.00

Recess	
Cheesy Wrap & Roll with pizza sauce & cheese ^{GF} on request	\$1.50
Popcorn - air popped	\$0.50
Pikelets - 2 per serve	\$1.00
Fresh Fruit Salad Cup - seasonal fruit	\$2.00
Meal Deal' - Mini Scroll & Fruit Crusher	\$3.00

Recess & Lunch	
Mini Cheese & Pineapple Roll	\$1.50
Mini Cheesymite Scroll contains preservative 220	\$1.50
Banana Bread / Fruit Muffin	\$2.00
Yoghurt Tub 175g - strawberry, vanilla, peach	\$2.50
Apple Slices includes apple	\$1.00
Seasonal Fruit - banana, apple, watermelon	\$0.50

Lunch	
Macaroni Cheese	\$3.00
Sushi - ONE OF chick, cucumber, small tuna, OR avocado large	\$3.00 \$5.00
Extras (each) Carrot, cucumber, avocado, soy sauce	\$0.25
Sandwiches Vegemite One of - Ham, Cheese, Tuna, Egg, Salad Chicken	\$2.00 \$3.00 \$3.50
Extras: (each) cheese, egg carrot, cucumber, lettuce, tomato, mayo Wrap Bread ^{GF} , Roll (white or wholemeal)	\$0.50 \$0.25 \$0.50
Toasting - no charge Wholemeal, multigrain, white bread available	
Salad Bowl lettuce, tomato, carrot, cucumber, egg, cheese, slice of bread & Mayo	small \$4.00 large \$5.00
Extras: Chicken, Ham, Tuna (each)	\$1.00
Winter Lunch Pack Ham & Cheese Toasted S/W, Warm Ovaltine, Muffin	\$6.00

Wednesday

Drinks	
Plain Milk 250ml	\$1.00
Banana Smoothie ^D made with fresh bananas	\$2.00
Ovaltine - warm or cold	\$1.50
Water 350ml	\$1.00
Nudie Drinks 250ml - apple, orange, tropical	\$2.00

Recess	
Cheesies	\$1.50
Popcorn - air popped	\$0.50
Pikelets - 2 per serve	\$1.00
Fresh Fruit Salad Cup - seasonal fruit	\$2.00
Meal Deal' - Mini Scroll & Banana Smoothie	\$3.00

Recess & Lunch	
Mini Cheese & Pineapple Roll	\$1.50
Mini Cheesymite Scroll contains preservative 220	\$1.50
Banana Bread / Fruit Muffin	\$2.00
Yoghurt Tub 175g - strawberry, vanilla, peach	\$2.50
Apple Slices includes apple	\$1.00
Seasonal Fruit - banana, apple, watermelon	\$0.50

Lunch	
Pasta Bolognaise	\$3.50
Sausage Roll - homemade (tomato sauce 20c)	\$3.50
Chicken Strips with tomato or mayo dipping sauce	\$4.00
Sandwiches Vegemite One of - Ham, Cheese, Tuna, Egg, Salad Chicken	\$2.00 \$3.00 \$3.50
Extras: (each) cheese, egg carrot, cucumber, lettuce, tomato, mayo Wrap Bread ^{GF} , Roll (white or wholemeal)	\$0.50 \$0.25 \$0.50
Toasting - no charge Wholemeal, multigrain, white bread available	
Salad Bowl lettuce, tomato, carrot, cucumber, egg, cheese, slice of bread & Mayo	small \$4.00 large \$5.00
Extras: Chicken, Ham, Tuna (each)	\$1.00
Winter Lunch Pack Ham & Cheese Toasted S/W, Warm Ovaltine, Muffin	\$6.00

Thursday

Drinks	
Plain Milk 250ml	\$1.00
Fruit Crusher ^{GF} 3 seasonal fruits eg, apple, w'melon, banana	\$2.00
Ovaltine - warm or cold	\$1.50
Water 350ml	\$1.00
Nudie Drinks 250ml - apple, orange, tropical	\$2.00

Recess	
Cheesy Wrap & Roll with pizza sauce & cheese ^{GF} on request	\$1.50
Popcorn - air popped	\$0.50
Pikelets - 2 per serve	\$1.00
Fresh Fruit Salad Cup - seasonal fruit	\$2.00
Meal Deal' - Mini Scroll & Fruit Crusher	\$3.00

Recess & Lunch	
Mini Cheese & Pineapple Roll	\$1.50
Mini Cheesymite Scroll contains preservative 220	\$1.50
Banana Bread / Fruit Muffin	\$2.00
Yoghurt Tub 175g - strawberry, vanilla, peach	\$2.50
Apple Slices includes apple	\$1.00
Seasonal Fruit - banana, apple, watermelon	\$0.50

Lunch	
Macaroni Cheese	\$3.00
Chicken Strips with tomato or mayo dipping sauce	\$4.00
Pizza Sub Margarita or Ham Ham & Pineapple	\$3.00 \$3.50
Sandwiches Vegemite One of - Ham, Cheese, Tuna, Egg, Salad Chicken	\$2.00 \$3.00 \$3.50
Extras: (each) cheese, egg carrot, cucumber, lettuce, tomato, mayo Wrap Bread ^{GF} , Roll (white or wholemeal)	\$0.50 \$0.25 \$0.50
Toasting - no charge Wholemeal, multigrain, white bread available	
Salad Bowl lettuce, tomato, carrot, cucumber, egg, cheese, slice of bread & Mayo	small \$4.00 large \$5.00
Extras: Chicken, Ham, Tuna (each)	\$1.00
Winter Lunch Pack Ham & Cheese Toasted S/W, Warm Ovaltine, Muffin	\$6.00

Friday

Drinks	
Plain Milk 250ml	\$1.00
Banana Smoothie ^D made with fresh bananas	\$2.00
Ovaltine - warm or cold	\$1.50
Water 350ml	\$1.00
Nudie Drinks 250ml - apple, orange, tropical	\$2.00

Recess	
Cheesies	\$1.50
Popcorn - air popped	\$0.50
Pikelets - 2 per serve	\$1.00
Fresh Fruit Salad Cup - seasonal fruit	\$2.00
Meal Deal' - Mini Scroll & Banana Smoothie	\$3.00

Recess & Lunch	
Mini Cheese & Pineapple Roll	\$1.50
Mini Cheesymite Scroll contains preservative 220	\$1.50
Banana Bread / Fruit Muffin	\$2.00
Yoghurt Tub 175g - strawberry, vanilla, peach	\$2.50
Apple Slices includes apple	\$1.00
Seasonal Fruit - banana, apple, watermelon	\$0.50

Lunch	
Pasta Bolognaise	\$3.50
Hot Dog - includes tomato sauce	\$3.00
Puppy Dog (1/2 Hot Dog) includes tomato sauce	\$1.50
Sandwiches Vegemite One of - Ham, Cheese, Tuna, Egg, Salad Chicken	\$2.00 \$3.00 \$3.50
Extras: (each) cheese, egg carrot, cucumber, lettuce, tomato, mayo Wrap Bread ^{GF} , Roll (white or wholemeal)	\$0.50 \$0.25 \$0.50
Toasting - no charge Wholemeal, multigrain, white bread available	
Salad Bowl lettuce, tomato, carrot, cucumber, egg, cheese, slice of bread & Mayo	small \$4.00 large \$5.00
Extras: Chicken, Ham, Tuna (each)	\$1.00
Winter Lunch Pack Ham & Cheese Toasted S/W, Warm Ovaltine, Muffin	\$6.00

All volunteers receive a \$7.50 P&C voucher, 10 faction tokens, and a chance to win a \$20 voucher.
 Contact Canteen Manager - Gayle Tinline on 0498 691 442 or aubingrovecanteen@gmail.com

Volunteers are always needed and welcome!

Parents are responsible for informing the canteen in writing of any food allergies