

EATWELL CANTEN MENU

TERM 1 2023

YRS 1-6 MENU

How to Order

Either: LOGON TO WWW.FLEXISCHOOLS.COM.AU AND PLACE YOUR ORDER BY 9.00AM,
OR COMPLETE WHITE LUNCH BAG IN FULL & INCLUDE CORRECT PAYMENT WHEREVER POSSIBLE,
(ANY CHANGE WILL BE PLACED IN CHILDS LUNCH BAG); PLACE ORDER IN THE CLASSROOM BASKET OR COMPLETE AT THE CANTEN

Special Notes

** ORDERS WILL NOT BE ACCEPTED AFTER 10.30AM**
** PARENTS ARE RESPONSIBLE FOR INFORMING THE CANTEN IN WRITING OF FOOD ALLERGIES**

RECESS MENU - Place Orders on Separate Bags

| HOT FOOD | | | SNACK FOODS (Available Lunch Aswell) | | DRINKS | |
|--------------------------|---------|---------|--------------------------------------|---------|--|---------|
| | Half | Full | Crunch & Sip Pack | | Flavoured Milk 300ml | |
| Pizza Cheesie | \$ 1.00 | \$ 2.00 | (Cucumber & Carrot sticks) | \$ 1.50 | Chocolate, Strawberry, Banana | \$ 2.50 |
| Vegemite Cheesie | \$ 0.80 | \$ 1.50 | Apple Slinky | \$ 1.00 | 600ml Bottled Water | \$ 1.50 |
| Cheesie | \$ 0.80 | \$ 1.50 | Cheese & Rice Crackers | \$ 1.50 | Harvey Fresh Juice Box | |
| Nachos | | \$ 2.00 | Mini Muffin (max 3) | \$ 0.30 | Apple, Orange, Apple & Blackcurrant | \$ 2.00 |
| Hash Browns each (max 3) | | \$ 0.50 | Fresh Popcorn | \$ 0.50 | Milo Cup - Warm or Cold | \$ 1.00 |
| | | | Monster Rice Sticks - Cheese flavour | \$ 1.00 | Slushy Cup - Various Flavours on the Day | \$ 1.00 |
| | | | Grainwaves - Sour Cream & Chives | \$ 1.20 | | |
| | | | Jelly Cup | \$ 1.00 | | |

LUNCH MENU

DAILY HOTFOOD OPTIONS

WEDNESDAY

| | | | |
|--|---------|--------------------------|---------|
| Hot Dog with or without Sauce | \$ 4.00 | Focaccia Base Pizza | |
| Hamburger & Salad with Sauce OR Mayo | \$ 5.00 | Margarita (Plain Cheese) | \$ 4.20 |
| Macaroni Cheese | \$ 4.50 | Bacon & Cheese | \$ 4.20 |
| Twisty Pasta Bolognese | \$ 4.50 | Ham & Pineapple | \$ 4.20 |
| Beef Lasagna or Gluten Free Beef Lasagna | \$ 4.50 | Meatlovers | \$ 4.20 |

THURSDAY

| | | | |
|--|---------|--------------------------|---------|
| 4 pack Chicken Nuggets | \$ 3.50 | Focaccia Base Pizza | |
| Beef Pie | \$ 4.00 | Margarita (Plain Cheese) | \$ 4.20 |
| Squeezy Tomato Sauce | \$ 0.50 | Bacon & Cheese | \$ 4.20 |
| Macaroni Cheese | \$ 4.50 | Ham & Pineapple | \$ 4.20 |
| Twisty Pasta Bolognese | \$ 4.50 | Meatlovers | \$ 4.20 |
| Beef Lasagna or Gluten Free Beef Lasagna | \$ 4.50 | | |

FRIDAY

| | | | |
|--|---------|--------------------------|---------|
| Chicken Sub with Lettuce & Mayo | \$ 4.50 | Focaccia Base Pizza | |
| Cheese & Spinach roll | \$ 4.00 | Margarita (Plain Cheese) | \$ 4.20 |
| Sausage Roll | \$ 4.00 | Bacon & Cheese | \$ 4.20 |
| Squeezy Tomato Sauce | \$ 0.50 | Ham & Pineapple | \$ 4.20 |
| Macaroni Cheese | \$ 4.50 | Meatlovers | \$ 4.20 |
| Twisty Pasta Bolognese | \$ 4.50 | | |
| Beef Lasagna or Gluten Free Beef Lasagna | \$ 4.50 | | |

SANDWICH BAR - AVAILABLE EVERY DAY

White & Wholemeal Sandwiches, White & Wholemeal Rolls & Wraps Available

| FRESH | Sandwich | Roll | Wrap | TOASTIES | Plain | & Cheese |
|--|----------|---------|---------|---------------|---------|----------|
| Vegemite | \$ 2.00 | \$ 3.00 | \$ 3.00 | Cheese | \$ 3.20 | \$ 4.20 |
| Just Salad (Lettuce, Tomato, Cucumber, Carrot) | \$ 4.00 | \$ 5.00 | \$ 5.00 | Ham | \$ 3.20 | \$ 4.20 |
| Ham or Chicken or Cheese or Egg or Tuna | \$ 3.00 | \$ 4.00 | \$ 4.00 | Chicken | \$ 3.20 | \$ 4.20 |
| Salad and 1 of the above options | \$ 5.00 | \$ 6.00 | \$ 6.00 | Tuna | \$ 3.20 | \$ 4.20 |
| Add Mayonaise | \$ 0.20 | | | Add Mayonaise | \$ 0.20 | |
| Add Curry Powder | \$ 0.20 | | | Add Tomato | \$ 0.40 | |

DRINKS

| | |
|--|---------|
| Flavoured Milk 300ml - Chocolate, Strawberry, Banana | \$ 2.50 |
| 600ml Bottled Water | \$ 1.50 |
| Harvey Fresh Juice Box - Apple, Orange, Apple & Blackcurrant | \$ 2.00 |
| Chill J - Carbonated Fruit Juice | \$ 2.50 |
| Raspberry, Grape, Watermelon, Orange & Passionfruit | |
| Milo Cup - Warm or Cold | \$ 1.00 |
| Slushy Cup - Various Flavours on the Day | \$ 1.00 |

Ice Creams - Lunchtime Only

| | |
|--|---------|
| Calippo | \$ 1.00 |
| Bulla Chocolate Coated Icecream - Various Flavours | \$ 1.50 |
| Vanilla Bucket | \$ 1.60 |
| Rainbow Paddlepop | \$ 2.00 |
| Twisted Froxen Yoghurt | \$ 2.00 |
| Choc/Vanilla, Strawberry/Vanilla, Mango/Watermelon | |