

# INABURRA SCHOOL CANTEEN MENU

## Supporting Healthy Kids Canteen Policy



For all lunch order please go to: [www.flexischools.com.au](http://www.flexischools.com.au)

### SANDWICHES

Double Smoked Ham	\$3.00
Fresh cooked Chicken	\$4.00
Red Salmon/Tuna	\$4.00
Banana	\$3.00
Egg	\$3.00
Cheese	\$2.50
Honey	\$2.50
Vegemite	\$2.00
Salad	\$3.50
(lettuce, tomato, cucumber, carrot, beetroot)	

### EXTRAS

Salad (as above)	\$1.50
Lettuce	\$0.50
Tomato	\$0.50
Cucumber	\$0.50
Carrot	\$0.50
Cheese	\$0.50
Avocado	\$1.00

### ROLLS & WRAPS

\$1.00 (extra)

### TOASTED SANDWICH

\$1.00 (extra)

White or Multigrain bread available.

No margarine used unless requested



### HOT FOOD

Chicken & Chips	\$4.00
Quesadilla	\$4.00
Quiche	\$4.50
Spinach Fetta Roll	\$3.50
Sausage Roll	\$3.50
Curries	\$6.00
Pasta	\$4.50
Lasagne	\$4.50
Burgers	\$5.00
Thai Chicken Wrap	\$4.50
Spring Rolls	\$2.20
Chicken Wedges	\$3.20
Chicken Crackles	\$3.20
Meat Pie	\$4.00
Sweet Potato Chips	\$2.00
Homemade Pizza	\$3.50
Thai Chicken Balls	\$3.50
Hot Chips	\$2.00
Cheese & Bacon Roll	\$2.00
Garlic Bread	\$2.00
Banana Bread	\$3.00

Sauce sachet

\$0.30

### SALADS

Chicken Caesar Salad	\$6.00
Roquette Salad	\$6.00
Chicken Basil Penne	\$5.50

### SUSHI

Big Crunch Rolls	\$4.00
Medium Munch Boxes	\$4.50
Rice Paper Rolls (2)	\$6.00

*Daily & weekly specials also available.*

**DRINKS****MILK**

300ml milk - Choc, Strawb, Coffee \$2.50  
 500ml milk - Choc, Strawb, Vanilla \$3.50

**NUDIE JUICES**

\$3.50  
 Mango Passionfruit  
 Cranberry Raspberry

**JUICE 350ML**

\$2.50 each  
 Apple  
 Apple Blackcurrant  
 Orange  
 Pineapple

**JUST JUICE POPPERS**

\$1.20 each  
 Apple  
 Apple Blackcurrant  
 Orange  
 Paradise Punch

**WATER BOTTLE**

\$2.00

**OKF SPARKLING WATER**

\$2.00 each  
 Lemon  
 Mango  
 Grape

**FOCUS WATER**

\$2.00 each  
 Blackcurrant  
 Raspberry  
 Lemonade

**QUENCH**

\$2.00 each  
 Apple Raspberry  
 Cola  
 Lime  
 Blue Heaven

**MINERAL WATER**

\$2.50

**HOT DRINKS**

Hot Chocolate \$2.00  
 Tea (Seniors only) \$2.00  
 Cappuccino (Seniors only) \$3.00

**SNACKS**

Chips - Honey Soy, Sea Salt \$1.50  
 JJ's - Chicken, Salt & Vinegar \$1.50  
 Grain Waves - Sour Cream \$1.50  
 Choc Chip Cookie \$1.50  
 Popcorn \$1.00  
 Pretzels \$1.10  
 Mamee Noodles - Chicken BBQ \$1.00  
 Rice Crackers \$1.10  
 Vege Chips - gluten free \$1.50  
 Mini Muffins \$1.50  
 Pikelets \$2.00  
 Banana Custard \$2.20  
 Cheese & Biscuits \$2.75

**FROZEN FOODS**

Yogo Ice \$0.60  
 Billabongs \$2.20  
 Icy Pole \$2.20  
 Gelato \$2.00  
 Frosty Fruit \$2.20  
 Twisted Yoghurt - (Choc, Strawb) \$2.00  
 Juices \$1.25

**FROZEN FRUIT JUICE CUPS**

\$0.60 each  
 Apple Blackcurrant  
 Apple  
 Orange

**FRESH FRUIT/YOGHURT**

Apple, Orange, Banana \$1.30  
 Yoghurt & Fruit \$3.00  
 Fresh Fruit Cup \$1.50  
 Watermelon Wedge \$0.60

