

INABURRA SCHOOL CANTEEN MENU



For all lunch orders please go to: 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 (lettuce, cucumber, tomato, carrot, beetroot)	\$3.50

EXTRAS

Salad (as above)	\$1.50
Avocado	\$1.00
Lettuce	\$0.50
Tomato	\$0.50
Cucumber	\$0.50
Carrot	\$0.50
Cheese	\$0.50
Rolls and Wraps (additional)	\$1.00
Toasted Sandwich (additional)	\$1.00
White, Multigrain or GF Bread available (GF + \$1.00)	
No margarine used unless requested	

SALADS

Chicken Caesar Salad	\$6.50
Roquette Salad	\$6.50
Chicken Basil Penne	\$5.50

SUSHI

Big Crunch Rolls	\$4.50
Medium Munch Boxes	\$5.00
Rice Paper Rolls (2)	\$7.00
Edamame Snack Pack	\$4.50

FRESH FRUIT & YOGHURT

Apple, Orange, Banana	\$1.50
Watermelon Wedge	\$0.80
Yoghurt and Fruit Cup	\$3.00
Fresh Fruit Cup	\$2.00
Fruit Salad	\$5.50

DRINKS

Milk 300ml (Choc/Strawberry)	\$2.50
Milk 500ml (Choc/Strawberry/Vanilla)	\$3.50
Juice 350ml (Apple, Apple Blackcurrant, Orange, Pineapple)	\$3.00
Just Juice Poppers (Apple, Apple Blackcurrant, Orange, Paradise Punch)	\$1.50
Glee Sparkling Juice (Raspberry, Tropical, Blackcurrant)	\$3.00
Iced Tea (Peach lite)	\$4.00
Hot Chocolate	\$2.50
Water Bottle	\$2.00
Mineral Water (Waterfords) no added sugar	\$3.00

HOT FOOD

Chicken & Chips	\$4.50
Quesadilla	\$4.00
Quiche	\$4.50
Spinach Fetta Roll	\$3.50
Sausage Roll	\$3.50
Curries	\$6.00
Pasta	\$5.00
Lasagne/Mac 'n' Cheese	\$5.00
Burgers (Chicken, Cheese, Tropical)	\$5.50
Spring Rolls	\$2.50
Chicken Wedges	\$3.50
Chicken Crackles	\$3.50
Meat Pie	\$5.00
Sweet Potato Chips	\$2.50
Homemade Pizza	\$4.00
Hot Chips	\$2.50
Cheese and Bacon Roll	\$2.20
Garlic Bread	\$2.20
Banana Bread	\$3.50
Pulled Pork & Coleslaw Roll	\$5.50
Sauce Sachet	\$0.30

(Not all items available every day)

SNACKS

Chips (Honey Soy/Sea Salt)	\$1.50
JJS (Chicken/Salt & Vinegar)	\$1.50
Grain Waves (Sour Cream)	\$1.50
Choc Chip Cookies	\$1.50
GF Choc Chip Cookie	\$1.50
GFDF Melting Moment	\$1.50
Popcorn	\$1.50
Pretzels	\$1.50
Mamee Noodles (Chicken/BBQ)	\$1.50
Rice Crackers	\$1.50
Vege Chips (GF)	\$1.50
Mini Muffins	\$1.50
Pikelets	\$2.50
Banana Custard	\$3.00
Cheese and Crackers	\$3.00

FROZEN SNACKS

Yogo Ice	\$1.00
Billabongs	\$2.50
Icy Pole	\$2.50
Gelato	\$2.00
Frosty Fruit	\$2.50
Twisted Yoghurt (Choc/Strawb)	\$3.00
Frozen Fruit Juice Cups (Apple, Apple Blackcurrant, Orange)	\$0.60