

## **INABURRA SCHOOL CANTEEN MENU**

For all lunch orders please use www.flexischools.com.au

SANDWICHES	
Salmon/Tuna Sandwich	\$5.00
Double Smoked Ham	\$4.50
Fresh Cooked Chicken	\$4.50
Salad Sandwich (lettuce, cucumber, tomato, carrot, beetroot)	\$4.00
Banana Sandwich	\$3.50
Cheese Sandwich	\$3.00
Egg Sandwich	\$3.50
Honey Sandwich	\$3.00
Vegemite Sandwich	\$2.50
EVENAG	
EXTRAS	¢1.25
+ Roll/Wrap	\$1.25
+ Toasted	\$1.25
+ Single extra salad item	\$0.75
+ Salad (all 5 salad items)	\$2.00
+ GF Bread	\$1.00
White, Multigrain or GF Bread available	
No margarine used unless requested	
SALADS	
Chicken Caesar Salad	\$7.00
Roquette Salad	\$7.00
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 & 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 375ml (Apple, AppleBlackcurrant, Orange, Pineapple)	\$3.50
Just Juice Poppers (Apple, AppleBlackcurrant, 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 (Passionfruit, Blackcurrant, Natural) no added sugar	\$3.00

HOT FOOD	
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Chicken & Chips	\$5.00
Quesadillas	\$4.50
Spinach Fetta Roll	\$4.00
Sausage Roll	\$4.00
Curries	\$6.00
Pasta	\$5.00
Lasagne / Mac 'n' Cheese	\$5.00
Burgers (Chicken, Cheese, Tropical)	\$6.00
Spring Rolls	\$2.50
Chicken Crackles	\$4.00
Meat Pie	\$5.50
Sweet Potato Chips	\$2.50
Homemade Pizza	\$4.00
Hot Chips	\$2.50
Cheese and Bacon Roll	\$2.50
Garlic Bread	\$2.50
Banana Bread	\$3.50
Pulled Pork and Coleslaw Roll	\$6.00
Sauce Sachet	\$0.30
(Not all items available every day)	Ψ0.30
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SNACKS	
SNACKS Chips (Honey Soy/Sea Salt)	\$1.50
	\$1.50 \$1.50
Chips (Honey Soy/Sea Salt)	-
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)	\$1.50
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)  Grain Waves (Sour Cream)	\$1.50 \$1.50
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)  Grain Waves (Sour Cream)  Choc Chip Cookies	\$1.50 \$1.50 \$1.50
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)  Grain Waves (Sour Cream)  Choc Chip Cookies  GF Choc Chip Cookie  GFDF Melting Moment	\$1.50 \$1.50 \$1.50 \$1.50
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)  Grain Waves (Sour Cream)  Choc Chip Cookies  GF Choc Chip Cookie	\$1.50 \$1.50 \$1.50 \$1.50 \$1.50
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)  Grain Waves (Sour Cream)  Choc Chip Cookies  GF Choc Chip Cookie  GFDF Melting Moment  Popcorn	\$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)  Grain Waves (Sour Cream)  Choc Chip Cookies  GF Choc Chip Cookie  GFDF Melting Moment  Popcorn  Pretzels  Rice Crackers	\$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.10
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)  Grain Waves (Sour Cream)  Choc Chip Cookies  GF Choc Chip Cookie  GFDF Melting Moment  Popcorn  Pretzels  Rice Crackers  Vege Chips (GF)	\$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)  Grain Waves (Sour Cream)  Choc Chip Cookies  GF Choc Chip Cookie  GFDF Melting Moment  Popcorn  Pretzels  Rice Crackers  Vege Chips (GF)  Mini Muffins	\$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)  Grain Waves (Sour Cream)  Choc Chip Cookies  GF Choc Chip Cookie  GFDF Melting Moment  Popcorn  Pretzels  Rice Crackers  Vege Chips (GF)	\$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$2.50
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)  Grain Waves (Sour Cream)  Choc Chip Cookies  GF Choc Chip Cookie  GFDF Melting Moment  Popcorn  Pretzels  Rice Crackers  Vege Chips (GF)  Mini Muffins  Pikelets  Banana Custard	\$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)  Grain Waves (Sour Cream)  Choc Chip Cookies  GF Choc Chip Cookie  GFDF Melting Moment  Popcorn  Pretzels  Rice Crackers  Vege Chips (GF)  Mini Muffins  Pikelets	\$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$2.50
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)  Grain Waves (Sour Cream)  Choc Chip Cookies  GF Choc Chip Cookie  GFDF Melting Moment  Popcorn  Pretzels  Rice Crackers  Vege Chips (GF)  Mini Muffins  Pikelets  Banana Custard	\$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)  Grain Waves (Sour Cream)  Choc Chip Cookies  GF Choc Chip Cookie  GFDF Melting Moment  Popcorn  Pretzels  Rice Crackers  Vege Chips (GF)  Mini Muffins  Pikelets  Banana Custard  Cheese and Crackers	\$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)  Grain Waves (Sour Cream)  Choc Chip Cookies  GF Choc Chip Cookie  GFDF Melting Moment  Popcorn  Pretzels  Rice Crackers  Vege Chips (GF)  Mini Muffins  Pikelets  Banana Custard  Cheese and Crackers  FROZEN SNACKS	\$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$2.50 \$3.00
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)  Grain Waves (Sour Cream)  Choc Chip Cookies  GF Choc Chip Cookie  GFDF Melting Moment  Popcorn  Pretzels  Rice Crackers  Vege Chips (GF)  Mini Muffins  Pikelets  Banana Custard  Cheese and Crackers  FROZEN SNACKS  Paddle Pops	\$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$3.00 \$3.00
Chips (Honey Soy/Sea Salt)  JJs (Chicken/Salt & Vinegar)  Grain Waves (Sour Cream)  Choc Chip Cookies  GF Choc Chip Cookie  GFDF Melting Moment  Popcorn  Pretzels  Rice Crackers  Vege Chips (GF)  Mini Muffins  Pikelets  Banana Custard  Cheese and Crackers  FROZEN SNACKS  Paddle Pops  Icy Pole	\$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$1.50 \$3.00 \$3.00 \$3.00