



## BREAKFAST

HOT CHOCOLATE	\$3.00
PANCAKE	\$3.00
MUFFIN	\$0.60
VEGEMITE & CHEESE SCROLL ✓	\$2.50



TEACHERS & PARENTS  
ICED COFFEE \$4.00  
MACHINE COFFEE \$4  
SOFT DRINK \$2.50

# Term 1 2026

# MENU



## TOASTIES ✓

CHEESE	\$4.00
HAM & CHEESE	\$4.50
CHICKEN & CHEESE	\$5.00
HAM, CHEESE & PINEAPPLE	\$5.50
HAM, CHEESE & TOMATO	\$5.50
CHEESE & TOMATO	\$4.50

CHOICE OF WHITE BREAD/ MULITGRAIN OR WRAP



## SANDWICHES & WRAPS

CHICKEN CAESAR WRAP	\$6.00
COS LETTUCE, BACON, EGG, CROUTONS, PARMESAN & MAYO IN A WRAP	
SANDWICH /WRAP 1 FILLING	\$4.00
TUNA/HAM/CHICKEN/CHEESE/EGG/SALAD OR FALAFEL	
PLAIN SANDWICH	\$2.50
VEGEMITE/HONEY/JAM	
EXTRA FILLING	\$1.00
HUMMUS/MAYO/AIOLI/GUACAMOLE/SALAD	
EXTRA FILLING	\$0.50
PINEAPPLE, CHEESE, TOMATO	
GLUTEN FREE BREAD OR WRAP	\$1.00
SALAD BOWL ( LETTUCE, TOMATO, CARROT, CUCUMBER)	\$5.00
ADD PROTEIN (CHICKEN, HAM, TUNA OR FALAFEL)	\$1.50

CHOICE OF WHITE BREAD/ MULITGRAIN OR WRAP



## EVERYDAY MEALS

NACHO BOWL GF ✓	\$7.00
MEXICAN BEEF WITH BEANS & CORN, LETTUCE, RICE, CHEESE, TOMATOES, & SOUR CREAM	
HOMEMADE LASAGNE ✓	\$5.50
BEEF MINCE, GRATED ZUCCHINI & CARROT, PASRA SAUCE WITH CHEESE AND CREAMY SAUCE	
MON, WED & FRI	
FRIED RICE DF GF ✓	\$5.00
, VEGETABLES, SOY (VEGETARIAN AVAILABLE)	
FALAFEL (7) WITH HUMMOS V GF ✓	\$4.50
EXTRA FALAFEL \$.60C	
VEGETABLE SPRING ROLLS	6 FOR \$3.00 12 FOR \$6.00
CHICKEN NUGGETS (5)	\$5.50
TEMPURA STYLE, OVEN BAKED EXTRA NUGGET \$1.00	
PARTY PIE	\$2.00
GARLIC BREAD	\$3.50
SPINACH & FETA ROLL	\$4.00



## DAILY SPECIALS

TUCKSHOP TWISTER ✓	\$6.00
CHICKEN TENDER IN A WRAP WITH LETTUCE & MAYO	
CHEESEY WEDNESDAY ✓	\$6.00
BEEF PATTIE, LETTUCE AND CHEESE ON BUN WITH TOMATO OR BBQ SAUCE	
THURS-YAY SUSHI ✓	\$6.00
CRISPY CHICKEN & AVO/TUNA GF/VEGETARIAN V/CHICKEN TERIYAKI GF/PRAWN	
PIZZA FRIDAY	\$5.50

PLAIN CHEESE & NAPOLI SAUCE \$4.50  
BBQ MEATLOVERS  
HAWAIIAN



## DIETARY NEEDS

PLEASE ASK FOR.  
GLUTEN FREE,  
VEGETARIAN, DAIRY  
FREE & VEGAN OPTION

VOLUNTEERS ARE ALWAYS WELCOME,  
PLEASE SEE TUCKSHOP TEAM FOR DETAILS



## FROZEN & DRINKS



UP & GO (Vanilla & Choc) ✓	\$3.00
GLEE SPARKLING JUICE	\$3.50
FLAVOURED MILK	\$3.00
SLUSHIE 100% JUICE ✓	\$2.00
WATER ✓	\$2.00
JUICE BOX ✓	\$2.20
PLAIN MILK ✓	\$1.50
FROZEN YOGHURT ✓	\$3.00
QUELCH STICK ✓	\$0.60
FROZEN PINEAPPLE ✓	\$0.50
DIXIE CUP	\$1.50
FROZEN CUP	\$1.50

## EMERGENCY LUNCH

SANDWICH - JAM  
- VEGEMITE  
- CHEESE

PIECE OF FRUIT

JUICE BOX - APPLE  
- TROPICAL  
- APPLE & BLACKCURRANT

\$5.00

ONLY BETWEEN  
8:50AM-1:00PM

## EXTRAS

HANDBALL	\$3.00
TOMATO/BBQ SAUCE	\$0.35
DRESSING/SOY SAUCE	\$0.30
AIOLI	\$0.50
HUMMOS	\$0.50

### HOW TO ORDER? ONLINE?

ENJOY THE CONVENIENCE & GO CASHLESS

AT [WWW.FLEXISCHOOLS.COM.AU](http://WWW.FLEXISCHOOLS.COM.AU)

ALL ORDERS TO BE PLACED BEFORE

8:50AM.

NEED TO CANCEL YOUR ORDER? ORDERS

MUST BE CANCELLED NO LATER THAN

9:30AM.

MISSED THE CUT OFF?

EMERGENCY LUNCHES ARE AVAILABLE

FROM 8:50AM - 1:00PM LIMITED STOCK.

### OPENING HOURS

MONDAY - FRIDAY

MORNING 08:30AM-8:50AM

FIRST LUNCH 11:15AM - 11:35AM

SECOND LUNCH 1:30PM - 1:55PM

PREFERRED  
METHOD OF  
ORDERING IS

flexischools



## SNACKS



SNACK BOX ✓	\$4.00
BOILED EGG, TOMATO, CUCUMBER, CHEESE & CRACKERS	
SIDE SALAD ✓	\$3.00
FRESH FRUIT SALAD ✓	\$3.50
APPLE SLINKY ✓	\$1.50
YOGHURT POUCH ✓	\$2.50
POPCORN ✓	\$0.60
RICE CRACKERS ✓	\$0.50
RICE CRACKERS WITH CHEESE ✓	\$1.50
CORN ON THE COB ✓	\$1.00
PIECE OF FRUIT ✓	\$1.00
TRAIL MIX ✓	\$0.50
GRAIN WAVES/RED ROCK CHIPS	\$1.50
MINI MUFFIN	\$0.60
ANZAC BISCUIT	\$1.00
CUSTARD CUP	\$1.50

GREEN



Have plenty, encouraged

