



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 3 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/ MULTIGRAIN OR WRAP



SANDWICHES & WRAPS

SALAD BOWL (LETTUCE, TOMATO, CARROT, CUCUMBER)	\$5.00
ADD PROTEIN (CHICKEN, HAM, TUNA OR FALAFEL)	\$1.50
SANDWICH /WRAP 1 FILLING TUNA/HAM/CHICKEN/CHEESE/EGG/SALAD OR FALAFEL	\$4.00
PLAIN SANDWICH VEGEMITE/HONEY/JAM	\$2.50
EXTRA FILLING HOMMUS/MAYO/AIOLI/GUACAMOLE/SALAD	\$1.00
EXTRA FILLING PINEAPPLE, CHEESE, TOMATO	\$0.50
GLUTEN FREE BREAD OR WRAP	\$1.00

CHOICE OF WHITE BREAD/ MULTIGRAIN OR WRAP



EVERYDAY MEALS

NACHO BOWL GF ✓ MEXICAN BEEF WITH BEANS & CORN, LETTUCE, RICE, CHEESE, TOMATOES, & SOUR CREAM	\$7.00
HOMEMADE LASAGNE ✓ BEEF MINCE, GRATED ZUCCHINI & CARROT, PASTA SAUCE WITH CHEESE AND CREAMY SAUCE	\$5.50
FRIED RICE DF GF ✓ RICE, CHICKEN, PEAS, CORN, CARROT SOY SAUCE (VEGETARIAN AVAILABLE)	\$5.00
BUTTER CHICKEN & RICE NEW! CHICKEN IN A CREAMY INDIAN BUTTER CHICKEN SAUCE SERVED WITH RICE AND NAAN BREAD	\$6.00
VEGETABLE SPRING ROLLS SERVED WITH SWEET N SOUR SAUCE	6 FOR \$3.00 12 FOR \$6.00
CHICKEN NUGGETS (5) TEMPURA STYLE, OVEN BAKED EXTRA NUGGET \$1.00	\$5.50
FALAFEL (7) WITH HOMMUS VGF ✓ EXTRA FALAFEL \$.60C	\$4.50
PARTY PIE	\$2.00
GARLIC BREAD	\$3.50
SPINACH & FETA ROLL	\$4.00



DIETARY NEEDS

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



DAILY SPECIALS

TUESDAY TUCKSHOP TWISTER ✓ \$6.00
 CHICKEN TENDER IN A WRAP WITH LETTUCE & MAYO

WEDNESDAY NOODLE CUP **NEW!** \$3.50
 CHICKEN, BEEF OR ORIENTAL NOODLES

THURS-YAY SUSHI ✓ \$6.00
 CRISPY CHICKEN & AVO/TUNA GF/VEGETARIAN
 V/CHICKEN TERIYAKI GF/PRAWN

PIZZA FRIDAY \$5.50
 PLAIN CHEESE & NAPOLI SAUCE
 BBQ MEATLOVERS
 HAWAIIAN



**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

SCHOOL LUNCH PROGRAM BUDGET BUSTER

MONDAY SANDWICH - JAM - VEGEMITE - CHEESE - HONEY - HAM	TUESDAY FRIED RICE
PIECE OF FRUIT	
JUICE BOX - APPLE - TROPICAL - APPLE & BLACKCURRANT	
MUESLI BAR	\$4.00



EXTRAS

HANDBALL	\$3.00
TOMATO/BBQ SAUCE	\$0.50
DRESSING/SOY SAUCE	\$0.50
AIOLI	\$0.50
HOMMUS	\$0.50

HOW TO ORDER? ONLINE?

ENJOY THE CONVENIENCE & GO CASHLESS AT

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

EMERGENCY LUNCH

SANDWICH - CHEESE JAM VEGEMITE	
PIECE OF FRUIT	
JUICE BOX - APPLE - TROPICAL - APPLE & BLACKCURRANT	
	\$5.00

ONLY BETWEEN
9AM-1PM



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



GREEN

Have plenty, encouraged

