

EATWELL Canteen Menu

TERM 1 2024

[Yrs 1-6 Menu](#)

How to Order

Either: LOGON TO WWW.FLEXISCHOOLS.COM.AU AND PLACE YOUR ORDER BY 9.00AM,
OR COMPLETE WHITE LUNCH BAG IN FULL & INCLUDE CORRECT PAYMENT WHEREVER POSSIBLE,
(ANY CHANGE WILL BE PLACED IN CHILDS LUNCH BAG); PLACE ORDER IN THE CLASSROOM BASKET OR COMPLETE AT THE CANTEEN

Special Notes

** ORDERS WILL NOT BE ACCEPTED AFTER 10.30AM**
** PARENTS ARE RESPONSIBLE FOR INFORMING THE CANTEEN IN WRITING OF FOOD ALLERGIES**

Gluten Free Options in Blue

RECESS MENU - Place Orders on Separate Bags

HOT FOOD		SNACK FOODS (Available Lunch Aswell)		DRINKS	
			Hard Boiled Egg	\$ 1.00	
			Crunch & Sip Pack		Flavoured Milk 300ml
			(Cucumber & Carrot sticks)	\$ 1.50	Chocolate or Strawberry
Pizza Cheesie	\$ 1.00	\$ 2.00	Apple Slinky	\$ 1.00	600ml Bottled Water
Vegemite Cheesie	\$ 0.80	\$ 1.50	Cheese & Rice Crackers	\$ 1.50	Harvey Fresh Juice Box
Cheesie	\$ 0.80	\$ 1.50	Mini Muffin (max 3)	\$ 0.40	Apple, Orange, Apple & Blackcurrant
Nachos		\$ 2.50	Fresh Popcorn	\$ 0.50	Milo Cup - Warm or Cold
Hash Browns each (max 2)		\$ 0.50	Grainwaves - Sour Cream & Chives	\$ 1.50	Slushy Cup - Various Flavours on the Day
			Jelly Cup	\$ 1.00	

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LUNCH MENU

DAILY HOTFOOD OPTIONS

WEDNESDAY

Hot Dog with or without Sauce	\$ 4.00	Focaccia Base Pizza	
Hamburger & Salad with Sauce OR Mayo	\$ 5.00	Margarita (Plain Cheese) - Gluten Free Option Available	\$ 4.50
Add Cheese to your Burger	\$ 6.00	Bacon & Cheese - Gluten Free Option Available	\$ 4.50
Macaroni Cheese	\$ 4.50	Ham & Pineapple	\$ 4.50
Twisty Pasta Bolognese	\$ 4.50	Meatlovers	\$ 4.50
Beef Lasagna	\$ 4.50	Gluten Free Chicken & Bacon	\$ 4.50
Gluten Free Beef Lasagna	\$ 5.00		
Chicken Fried Rice	\$ 4.50		
Vegetable Fried Rice - Gluten Free	\$ 4.50		
Squeezy Soy Sauce - Gluten Free Option Available	\$ 0.50		

THURSDAY

4 pack Chicken Nuggets	\$ 3.50	Focaccia Base Pizza	
Beef Pie	\$ 4.00	Margarita (Plain Cheese) - Gluten Free Option Available	\$ 4.50
Squeezy Tomato Sauce	\$ 0.50	Bacon & Cheese - Gluten Free Option Available	\$ 4.50
Macaroni Cheese	\$ 4.50	Ham & Pineapple	\$ 4.50
Twisty Pasta Bolognese	\$ 4.50	Meatlovers	\$ 4.50
Beef Lasagna	\$ 4.50	Gluten Free Chicken & Bacon	\$ 4.50
Gluten Free Beef Lasagna	\$ 5.00		
Chicken Fried Rice	\$ 4.50		
Vegetable Fried Rice	\$ 4.50		
Squeezy Soy Sauce - Gluten Free Option Available	\$ 0.50		

FRIDAY

Chicken Sub with Lettuce & Mayo	\$ 4.50	Focaccia Base Pizza	
Add Cheese to your Chicken Sub	\$ 5.50	Margarita (Plain Cheese) - Gluten Free Option Available	\$ 4.50
Cheese & Spinach roll	\$ 4.00	Bacon & Cheese - Gluten Free Option Available	\$ 4.50
Sausage Roll	\$ 3.50	Ham & Pineapple	\$ 4.50
Squeezy Tomato Sauce	\$ 0.50	Meatlovers	\$ 4.50
Macaroni Cheese	\$ 4.50	Gluten Free Chicken & Bacon	\$ 4.50
Twisty Pasta Bolognese	\$ 4.50		
Beef Lasagna	\$ 4.50		
Gluten Free Beef Lasagna	\$ 5.00		
Chicken Fried Rice	\$ 4.50		
Vegetable Fried Rice	\$ 4.50		
Squeezy Soy Sauce - Gluten Free Option Available	\$ 0.50		

SANDWICH BAR - AVAILABLE EVERY DAY

White & Wholemeal Sandwiches, White & Wholemeal Rolls & Wraps Available

FRESH	Sandwich	Roll	Gluten Free	TOASTIES	Gluten Free	& Cheese	Plain	& Cheese
Vegemite	\$ 2.00	\$ 3.00	N/A	Cheese	\$ 4.20	-	\$ 3.20	-
Just Salad (Lettuce, Tomato, Cucumber, Carrot)	\$ 4.00	\$ 5.00	\$ 5.00	Ham	\$ 4.20	\$ 5.20	\$ 3.20	\$ 4.20
Ham or Chicken or Cheese or Egg or Tuna	\$ 3.00	\$ 4.00	\$ 4.00	Chicken	\$ 4.20	\$ 5.20	\$ 3.20	\$ 4.20
Salad and 1 of the above options	\$ 5.00	\$ 6.00	\$ 6.00	Tuna	\$ 4.20	\$ 5.20	\$ 3.20	\$ 4.20
Add Mayonaise	\$ 0.30	\$ 0.30	\$ 0.30	Add Mayonaise	\$ 0.30	\$ 0.30	\$ 0.30	\$ 0.30
Add Curry Powder	\$ 0.20	\$ 0.20	\$ 0.20	Add Tomato	\$ 0.40	\$ 0.40	\$ 0.40	\$ 0.40

DRINKS

Flavoured Milk 300ml - <i>Chocolate, Strawberry</i>	\$ 2.50
600ml Bottled Water	\$ 1.50
Harvey Fresh Juice Box - <i>Apple, Orange, Apple & Blackcurrant</i>	\$ 2.00
Chiil J - Carbonated Fruit Juice	\$ 2.50
<i>Raspberry, Grape, Watermelon, Orange & Passionfruit</i>	
Milo Cup - <i>Warm or Cold</i>	\$ 1.00
Slushy Cup - <i>Various Flavours on the Day</i>	\$ 1.00

Ice Creams - Lunchtime Only

Calippo	\$ 1.50
Vanilla Bucket	\$ 2.00
Rainbow Paddlepop	\$ 2.00
Twisted Froxen Yoghurt	\$ 2.00
<i>Choc/Vanilla, Strawberry/Vanilla, Mango/Watermelon</i>	

Gluten Free Options in Blue