

DAILY FOODS

Monday

Nachos- with corn chips with melted cheese	\$4.50
with melted cheese & salsa	\$5.00
with melted cheese, salsa & avo	\$5.50
With melted cheese, salsa, avo & tomato	\$6.00
Smoothies yoghurt, mango or strawberries	\$4.50

Tuesday

Wraps with sweet chilli sauce	
The Crunchy – roasted sweet potato Snow peas, lettuce, carrots,, capsicum	\$6.50
The Schnitz – veg chicken schnitzel, , mayo, carrot, lettuce, tomato	\$6.50
The Healthy – lettuce, carrots, cucumber feta, capsicum,	\$6.50
Sushi - Tuna/cucumber, smoked salmon, Avocado & vegetarian	\$3.00

Wednesday

Pita Pizza	
Margarita –tomato sauce, cheese	\$5.00
Vegetarian - sauce, cheese, tomatoes capsicum, olives & mushrooms	\$6.00
Glass noodle salad with bbq tofu carrots cucumber , bbq tofu, bean sprouts fresh nectarine & baby spinach	\$7.50

Thursday

Poke bowl -Salmon brown rice, carrots avo, cucumber, edamame beans, hot smoked salmon & ginger (optional)	\$8.00,
Poke bowl -Crispy tofu brown rice, carrots avo, cucumber ,nori,, sugar snap peas,	\$7.50
Poke bowl - Hawaiian brown rice, mango, edamame beans avo, cucumber, 0capsicum add crispy tofu	\$7.50 \$8.00
Sushi - Tuna/cucumber, smoked salmon, avocado & vegetarian	\$3.00

Friday

Veg schnitzel burger, lettuce, pickles tomato with/without mayo light	\$6.50
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SUMMER MENU TERM 1 2018

ROLLS, BREAD or BAGELS

Request bagel/bread/roll All breads are wholemeal
Adding - beetroot/avo/cheeses etc \$1.00 extra
Bagel/gluten free bread available \$1.00 extra

Garden Salad lettuce, tomato, carrot, avo Capsicum	\$6.50
Tuna salad –with/without mayo light with beetroot	\$7.00 \$7.50
Smoked salmon - cream cheese, lettuce	\$7.50
Egg sliced –and salad no mayo	\$6.50
Egg mayo – and salad	\$6.50
Avo mashed & feta - lettuce	\$7.00

SALADS *extra salad dressing available @ 50c*

Green - lettuce, tomato, carrot, avo Snow peas, capsicum, cucumber with cottage cheese	\$6.50 \$7.00
Greek - lettuce, tomato cucumber capsicum, feta & black olives	\$7.50
Tuna – lettuce, tomato, cucumber carrot, capsicum	\$7.00
Tuna nicoise - lettuce, egg, tomato, carrot cucumber, potato with/without mayo	\$7.50
Healthy slaw –zucchini, raw beetroot apple & carrot match sticks, & toasted corn	\$6.50

Healthy Eating Guide

*Green foods are healthy food choices
Orange foods are OK, but not every day
Red foods eat in moderation*

Make life easy; order your lunch on line
www.flexischool.com.au

SUMMER MENU TERM 1 2018

HEALTHY CHOICES

Tuna tub & crackers (GF option)	\$5.50
Cottage cheese tub/crackers (GF option)	\$5.50
Mashed egg, mayo & crackers (GF option)	\$5.50
Edamame beans, slightly salted GF	\$4.00
Veggie pack – carrots, cucumbers capsicum, sugar peas & dip GF	\$3.50
Yavneh Snack Bag - yellow cheese, dried apple, apricots & crackers (GF option)	\$4.00
Chobani yoghurt tub asstd	\$3.50
Chobani yoghurt squeeze packs asstd	\$3.00
Yoghurt cup with muesli & berries	\$3.50
Fresh Fruit salad	\$5.00
Fresh fruit kebabs each	\$2.50
Fresh watermelon tub	\$3.00
Fresh fruit per piece seasonal	\$1.50
Pickled cucumber	\$1.00
Corn on the cob	\$2.00
Boiled egg	\$1.00

FREEZER SPECIALS

Frozen fruit cups - apple, orange, tropical Apple/blackcurrant	\$1.00
Frozen watermelon cup	\$1.00
Frozen grapes cup	\$2.50
Frozen mango cup	\$2.00
Frozen pineapple rings	50c
Smooze asstd flavours	\$2.00
Icy Poles - no added colouring	\$1.00

BAKED GOODIES

Assorted baked goods offered daily

Muffins assorted muffins daily choc chip/apple cinnamon/raspberry & white chocolate	\$3.00
Gluten free muffins	\$3.00
Muesli slice	\$3.00
Choc chip cookie	\$3.00
Cinnamon scrolls - (Frid only)	\$3.00

WATER, MILK, JUICES

Nippys Apple, orange, tropical, apple/blackcurrant	\$2.50
Water bottle – 600ml	\$2.50
Mineral spring water lemon	\$3.00
Nippys Milk chocolate/coffee	\$3.00

SNACKS

Fruit straps	\$1.00
Edamame beans, slightly salted	\$4.00
Crispy fruit dried fruit chips	\$1.50
Bagel chips –garlic homemade	50c
Honest sea roasted seaweed Made with sunflower oil	\$3.00
Simply Wize corn crunch lightly salted	\$1.20
Cobbs popcorn salty/sweet n salty	\$1.50
B & B Pretzels	\$1.50
Rice crackers	\$1.20
Yavneh Granola homemade -tub	\$2.50
Licorice red or black	\$1.00
Kettle chips salted	\$2.50

DAILY HOT FOOD

Gluten free toasties & pasta available - add \$1.00 extra

Pizza subs (wholemeal roll)	\$2.50
Challah bagel	\$2.00
Vegetarian hot dog (with/without sauce)	\$4.00
Toasted cheese roll/ jaffle	\$4.50
Toasted cheese & tomato roll/jaffle	\$5.00
Toasted tuna & mayo roll/jaffle	\$5.50
Toasted tuna & cheese roll/jaffle	\$6.00
Plain pasta	\$3.00
Pasta & sauce	\$3.50
Pasta & cheese	\$4.00
Pasta cheese & sauce	\$4.50
Tuna pasta bake (Frid only)	\$5.50
Boreka potato	\$3.00
Boreka Mushroom	\$3.50

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