

FRESH SANDWICHES



Vegemite OR Jam	\$2.50
Cheese OR Ham	\$3.00
Ham & Cheese	\$4.00
Cheese & Tomato	\$3.50
Tuna	\$4.00
Tuna, Lettuce & Mayo	\$4.50
Curried Egg OR Egg & Lettuce	\$4.50
Ham, Cheese & Tomato	\$4.50
Chicken, Lettuce & Mayo	\$5.00
Chicken, Cheese & Mayo	\$5.00
Salad	\$5.00
Any Meat & Salad	\$6.00
Gluten-Free Bread	+\$1.50
Upgrade to a Wrap	+\$1.50

HOT FOOD ITEMS



Garlic Bread	\$2.50
Cheesy Toasted Roll	\$3.50
Homemade Sausage Roll	\$4.00
Potato Wedges	\$4.50
Spinach & Ricotta Roll V	\$5.00
Hot Dog	\$4.50
Chicken Hot Dog	\$4.50
Noodle Cup (Chicken)	\$4.00
Lasagne Beef	\$6.00
Chicken Nuggets	\$5.50
Gluten Free Nuggets GF	\$6.00
Vegetarian Lasagne V	\$6.00
Meat Pie - Beef	\$5.50
Burrito - Beef	\$6.00

SPECIALTY WRAPS (All Wraps \$7.50)



Chicken Caesar Wrap <i>(Grilled Chicken, Cos Lettuce, Cheese, Ham, and Caesar Dressing)</i>
Vegetarian Wrap <i>(Baby spinach, Leaf Mix, Carrot, Cucumber, Red Onion, Tomato)</i>
Peri Peri Chicken <i>(Mixed leaf, Tomato, Cheese, Red Onion & Peri Peri sauce)</i>
Chicken Goujon Wrap <i>(Chicken Goujons, with lettuce, carrot, cheese, and Aioli sauce)</i>
Sweet Chilli Chicken Wrap <i>(Chicken Tenders x2, Lettuce, Cheese, Mayo, and Sweet Chilli Sauce)</i>

WEEKLY SPECIALS (MONDAY TO WEDNESDAY)

Special Of the Week (Advertised)	\$6.50
Sushi - Tuna OR Vegetarian	\$5.50

HOT MEALS



Butter Chicken & Rice GF	Reg \$6.00
Sweet Chilli Chicken & Rice GF	Reg \$6.00
Spaghetti Bolognese	Reg \$6.00
Nachos	with Veg \$4.00
	with Beef \$5.50
	the Lot \$6.50
Meatball Pasta	\$6.00
Chicken Chow Mein Stir Fry	\$6.00
Cheesy Chicken Pasta	Reg \$6.00
Gluten Free Spaghetti GF	\$6.50

BURGERS



Beef Burger with Cheese	\$5.50
Beef Burger with Salad	\$6.50
Chicken Burger with Cheese	\$6.00
Vege Burger V	\$6.00
Chicken Fillet Burger with Lettuce	\$6.00

CRUSTY SUB ROLLS (All Subs \$7.50)



Choose 1 option:	
Chicken Schnitzel, Chicken Breast, Ham, Tuna, Italian Meatballs OR Roast Beef	
Choose your salads:	
Carrot, Cheese, Onion, Tomato, Lettuce, Cucumber, Olives, Beetroot	
Choose your dressings:	
Caesar, Garlic Aioli, Ranch, Sweet Chilli, Tomato, BBQ, Mayo, OR Mustard	
Extra Meat	+\$2.00
Add a 600ml bottled Water	+\$1.50.

Fresh Start Canteens

BREAKFAST



Hash Brown	\$1.50
Hot Chocolate	\$2.00
Toasted Sandwich	From \$3.00
Assorted Seasonal Fruit	From \$2.00
Fruit Salad Cup	\$4.00
Fruit Salad Bowl	\$6.00
Banana Bread	\$3.50 GF \$4.00
Fresh Juice, Milk & Cereal	\$2.00
(Only sold over counter each morning)	

ORDER YOUR LUNCH

All products are Halal except pork-based products.

Online orders are to be placed through Flexischools. To register please go to Flexischools.com.au

Eftpos is available for over-the-counter purchases at participating schools.

Please note: Noodle cups & Ice blocks are to be collected from the canteen by the student.

DRINKS



Oak Flavoured Milk	Small \$3.50
Water	\$2.50
Groove Drink	\$3.50
Juice Popper	\$2.50
Up N Go	\$3.50

SNACKS & ICE BLOCKS



Homemade	Fresh	Muffins	Regular	\$2.00
Popcorn GF				\$1.00
Vege Crisps V				\$2.50
Banana Bread		\$3.50	GF	\$4.00
Red Rock Chips GF OR Grainwaves				\$2.50
Frozen Juice Cup				\$2.00
Ice Mony Ice Block				\$2.50
Juicee Tube Ice block				\$2.50
Quelch Stick				\$1.00
Ice cream Cup				\$3.00
Yoghurt Ice cream				\$3.00

Extras

Sauce Portion	\$0.50
Sour Cream Portion	\$1.00

FRESH SALADS



Garden Salad **GF** & **V**
(Lettuce, Tomato, Carrot & Cucumber)

Regular \$6.00
With Meat \$7.50

Caesar Salad*
(Lettuce, Ham, Egg, Croutons, Cheese & Dressing)

Baby Spinach Salad* **GF** & **V**
(Baby Spinach, Tomato, Olives, Cucumber & Cheese)

Vegetarian Salad* **GF** & **V**
(Mixed Lettuce, Tomato, Onion, Cucumber, Corn & a Drizzle of Vinaigrette)

Roast Pumpkin & Feta Salad **NEW V**
(Garden Salad & Leaf Mix, Red Onion, Capsicum with Roast pumpkin & Feta)

Flame Grilled Chicken Salad
(Garden Salad served with sliced Flame Grilled Patty & Mayo)

Sweet Chilli Chicken & Salad*
(Garden Salad served with sliced Sweet Chilli Tenders & Mayo)

Regular Salads * \$6.50
Add Meat extra \$1.50

Add a 600ml bottled Water. +\$1.50

Free Dressing Choice of:
Italian, French, Balsamic or Caesar

GF – Gluten Free
V – Vegetarian

Fresh Start Canteens