

# FRESH START CANTEENS MENU – PRIMARY

## FRESH SANDWICHES

Vegemite OR Jam Sandwich	\$2.50
Cheese OR Ham Sandwich	\$3.00
Ham & Cheese Sandwich	\$3.50
Cheese & Tomato Sandwich	\$3.50
Tuna Sandwich	\$3.50
Tuna, Lettuce & Mayo	\$4.00
Roast Beef Sandwich	\$3.50
Roast Beef, Cheese & Tomato	\$4.50
Chicken, Lettuce & Mayo	\$4.50
Chicken, Cheese & Mayo	\$4.50
Salad Sandwich	\$5.00
Any Meat & Salad Sandwich	\$6.00
<b>Gluten-Free Bread</b>	<b>+\$1.50</b>
<b>Upgrade to a Wrap</b>	<b>+\$1.50</b>



## BURGERS

Chicken Fillet Burger (with Lettuce & Mayo)	\$5.00
Beef Burger with Cheese	\$5.00
Beef Burger with & Salad	\$6.00
Beef Burger with Slaw	\$6.00
Vege Burger	\$5.00
Chicken Fillet Burger with Cheese	\$6.00



## HOT FOOD ITEMS

Party Pies Each	\$2.00
Home Made Sausage Roll	\$4.00
Potato Wedges <b>V</b>	\$4.00
Spinach & Ricotta Roll <b>V</b>	\$4.50
Hot Dog	\$3.50
Meat Pie	\$5.00
Chicken Nuggets x 6	\$4.50
Chicken Goujons x 6	\$4.50
Chicken Mammee Noodle Cup	\$3.50
Gluten-Free Nuggets x 6 <b>GF</b>	\$5.00



*Sauce portion* \$0.50

## HOT MEALS

Butter Chicken & Rice <b>GF</b>	\$5.00
Sweet Chilli Chicken & Rice <b>GF</b>	\$5.00
Spaghetti Bolognese	\$5.00
Nachos with Veg \$3.50 + Beef \$5.00 + The Lot	\$6.50
Lasagne	\$5.50
Ravioli	\$5.00
Gluten Free Spaghetti	\$5.50

## SPECIALITY WRAPS (All Wraps \$7.00)

Chicken Caesar Wrap (Grilled Chicken, Cos Lettuce, Cheese, Ham and Caesar Dressing)  
 Chicken Goujon Wrap with Salad (Chicken Goujon Fingers, Lettuce, Carrot, Cheese, and Aioli)  
 Vegetarian Wrap (Baby spinach, Carrot, Cucumber, Red Onion, Tomato & Hummus)  
 Peri Peri Chicken (Mixed leaf, Tomato, Cheese, Red Onion & Peri Peri sauce)  
 Mexican Chicken (Mexican Spiced Chicken, Lettuce, Onion, Tomato, Kidney Beans, Corn & Zesty Mayo)  
 Crispy Chicken & Slaw (Crispy Chicken Tenders, Grated Cheese, Slaw)



## PIZZA (MONDAY TO THURSDAY)

Cheese Pizza	\$4.00
Ham & Cheese	\$5.00
Pepperoni & Cheese	\$5.00



## CRUSTY SUB ROLLS (All Subs \$7.50)

### Choose 1 option:

Chicken Schnitzel, Chicken Breast, Ham, Tuna Italian Meatballs, 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, Mustard

*Extra Meat*

**+\$2.00**

**Add a 600ml Bottle Water**

**+\$1.00**



# FRESH START CANTEENS MENU

## BREAKFAST

Hash Brown	\$1.50
Hot Chocolate Reg	\$2.00
Toasted Sandwich	From \$2.50
Assorted Seasonal Fruit	From \$1.50
Fruit Salad Cup	\$3.00
Fruit Salad Bowl	\$4.50
Fresh Baked Muffins	\$2.00



Fresh Juice, Milk & Cereal are sold over the counter each morning for \$1.50

## DRINKS

Oak Flavoured Milk Small	\$3.00
Chill J Drink	\$3.00
Juice Popper	\$2.50
Water 600ml	\$2.00
Up n Go	\$3.50



## FRESH SALADS

<b>Garden Salad GF &amp; V</b>	
(Lettuce, Tomato, Carrot & Cucumber)	
Regular \$4.00	With Meat \$5.50
Large \$5.50	With Meat \$7.00

<b>Caesar Salad</b>	
(Lettuce, Ham, Croutons, Cheese & Dressing)	
<b>Baby Spinach Salad GF &amp; V</b>	
(Baby Spinach, Tomato, Olives, Cucumber & Cheese)	
<b>Vegetarian Salad GF &amp; V</b>	
(Mixed Lettuce, Tomato, Onion, Cucumber, Corn & a Drizzle of Vinaigrette)	

<b>Pasta Salad New</b>	
(Pasta, Tomato, Pepperoni, Cheese, Corn, Onion & Mayo)	

<b>Greek Pasta Salad New</b>	
(Pasta, Tomato, Cucumber, Red onion & Olives with Fetta) GF & V	

<b>Mexican Rice Burrito Bowl New</b>	
(Rice, Kidney Beans, Parsley, Garlic, Corn, Onion, Tomato, Cheese & Olives) V	

**Add a 600ml Bottle Water +\$1.00**



Regular \$5.00	With Meat \$6.50
Large \$6.50	With Meat \$8.00

**Free Dressing Choice of: Italian Balsamic or Caesar**



GF – Gluten Free    V - Vegan

## FRESH START CANTEENS – ORDER YOUR LUNCH ONLINE!

All online ordering can be done through Flexi schools. To register go to: [Flexischools.com.au](http://Flexischools.com.au)

Cut off time for online lunch orders is 9:00am or handed directly to the canteen each day.

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

## SNACKS & ICE BLOCKS

Homemade Fresh Muffins	\$2.00
Popcorn GF	\$1.00
Mamee Noodles Snack	\$1.50
Red Rock Deli Chips GF	\$2.50
Frozen Juice Cup	\$1.50
Paddle pop or Moosie	\$2.50
Ice Money Ice Block	\$2.00
Juicee Tube	\$2.00
Quelch Stick	\$1.00
Snap Stick	\$2.00

