

# The Lunchbox

## HOT FOOD

LUNCHBOX BURGER (H)	\$5.50
5 star beef patty, lettuce, tomato, beetroot and cheese. BBQ or tomato sauce	
CHEESEBURGER (H)	\$4.50
5 star beef patty and cheese. BBQ or tomato sauce	
VEGETARIAN BURGER (V) (H)	\$4.50
Housemade vegetable patty, lettuce, tomato, sweet chilli aioli	
CHICKEN BURGER (H)	\$5.00
Grilled chicken breast, lettuce, tomato, cheese. Your choice of sauce - BBQ, tomato, aioli or mayo	
CHILLI CHICKEN STRIP BURGER or WRAP	\$3.80
1 strip, lettuce, mayo	\$3.80
2 strips, lettuce, mayo	\$5.40
PASTA WITH SAUCE & CHEESE* (V)	\$4.50
PASTA BOLOGNAISE* (H)	\$5.00
Pasta with homemade bolognese sauce	
* Gluten Free Pasta available (GF)	add \$1
LASAGNE (H)	\$5.00
Classic homemade lasagne	
MACARONI CHEESE (H)	\$4.00
Fresh, homemade mac 'n' cheese	
FRIED RICE (H)	\$4.00
Homemade fried rice	
BBQ CHICKEN AND BACON PIZZA (H)	\$5.00
HAWAIIAN PIZZA (H)	\$5.00
MEAT PIE (LITE)	\$4.00
CHICKEN & LEEK PIE	\$4.00
SAUSAGE ROLL (LITE)	\$3.50
PARTY PIE (LITE)	\$1.00
CHILLI CHICKEN STRIP	\$1.60
GARLIC BREAD & CHEESE (H)	\$2.50
CHEESE & BACON ROLL (WARM)	\$2.50
VEGEMITE CHEESE SCROLL (WARM)	\$2.50
2 MINUTE NOODLES (CHICKEN)	\$3.50
CHICKEN NUGGETS (ORDERS ONLY)	\$0.50
SOUP Soup of the Day (H) (GF)	\$2.50
Term 2 & 3 only	

## COLD FOOD

SANDWICH on wholemeal (white bread or gluten free on request)	
Vegemite or Honey or Jam	\$1.70
Cheese	\$1.80
Egg (V)	\$2.50
Salad (Lettuce, tomato, beetroot, cucumber and carrot)	\$3.80
Salad and cheese	\$4.30
Chicken (H), ham, turkey or roast beef	\$2.50
Chicken (H), ham, turkey or roast beef with salad	\$5.00
Chicken (H), ham, turkey or roast beef with salad and cheese	\$5.50
EXTRAS and OPTIONS	
Cheese, lettuce, tomato, beetroot, cucumber or carrot	add 50c
Egg or Avocado	add 80c
BREAD ROLL	add 50c
WRAP	add 50c
TOASTED	No charge
Mayo and sweet chilli sauce available	\$1.00
SALADS TUBS	
Garden Salad (H) (V) (GF)	\$4.00
Lettuce, tomato, beetroot, cucumber, carrot	
Add chicken (H), ham, turkey or roast beef	\$5.00
Lunchbox Super Salad (H) (V) (GF)	\$5.00
Brown rice, sultanas, carrot, lettuce, tomato, cucumber, egg, capsicum & dressing	
Add chicken (H), ham, turkey or roast beef	\$6.00
Chicken Caesar Salad (H)	\$6.00
Chicken (H), lettuce, egg, bacon, cheese, croutons, caesar dressing	
Also available as a WRAP	\$6.00
Pesto Pasta Salad (H) (V)	\$5.00
Chargrilled vegetables, nut free pesto and danish feta (No alterations available)	
Add chicken (H)	\$6.00
Add chicken (H)	\$6.00
FRUIT SALAD - Small	\$1.50
- Large	\$2.50

## FROM THE FREEZER

FROZEN FRUIT BLOCKS (H) (GF)	50c
FROZEN PINEAPPLE (H) (GF)	50c
FROZEN JUICE Orange, Apple or Apple/Blackcurrant	\$1.00
MINI WEIS BAR (GF) Mango & Passionfruit, Chocolate & Milk, Strawberries & Milk	\$1.50
ICE CREAM CUP (GF) (LITE)	\$1.20
ICY TWIST	\$1.20
RAINBOW PADDLE POP	\$1.50
CHOC ICE CREAM CUP	\$2.00
FROZEN YOGHURT Strawberry or Mango 97% Fat free	\$2.50
FRUIT POPS (No sugar) (H) (GF)	\$1.00
PINEAPPLE POPS (No sugar) (H) (GF)	\$1.00
FRUIT QUELCH BARS (100% fruit)	50c

## DRINKS

WATER - 250ML SMALL	\$1.00
WATER - 600ML MEDIUM	\$2.00
WATER - 1L LARGE	\$3.00
SMALL JUICE	\$2.50
Apple or Apple Blackcurrant	
LARGE JUICE	\$3.50
Orange, Orange Passionfruit, Orange Mango, Lemon or Apple	
GLEE JUICE BUBBLES (99% fruit juice)	\$2.50
Rockin' Raspberry or Tropical Treat	
ICED TEA	\$4.00
Peach or Raspberry	
UP'N'GO	\$2.00
Choc or Vanilla	
MILK - PLAIN	small \$1.50 large \$3.50
MILK - FLAVOURED	small \$2.50
Strawberry or Chocolate	
MILK FLAVOURED	large \$3.50
Strawberry, Chocolate or Banana	
FRUIT SMOOTHIE (orders only)	\$2.50
Yoghurt, lite milk, berries	
SLUSHIE	small \$1.50
Tropical, Lime or Natural	large \$2.50
(99% apple juice)	
WARM MILO	\$1.00

## SNACKS

CRACKERS with VEGEMITE	20c
RICE CRACKERS with CHEESE (GF)	60c
VEGETABLE & CHEESE PACK (GF)	\$2.00
FINGER BUN (HALF)	\$1.00
SCONE WITH JAM & CREAM	\$1.00
MUFFINS (FRUIT OR CHOC CHIP) (H)	\$2.50
BANANA BREAD (H)	\$2.50
VANILLA BERRY YOGHURT	\$2.00
JELLY CUP - small	\$1.00
CUSTARD - large	\$3.00
HUMMUS (NUT FREE) with crackers and vegetables (H) (V)	\$3.00
GRAINWAVES Sour Cream & Chives	\$1.00
VEGE CHIPS BBQ Flavour (V)(GF)	\$1.00
COCONUT COOKIES (H)	50c

Daily blackboard specials including our healthy sugarfree muffin of the week

Online ordering is available for all students using the Flexischools online system. Students who are signed up to the Flexischool system can also use their Student ID cards to make purchases over the counter at the Canteen. For more information visit [flexischools.com.au](http://flexischools.com.au)

The majority of food items on our menu are approved by the Department of Education's Healthy School Canteens Strategy

(H) Homemade (V) Vegetarian (GF) Gluten Free