

# 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 bolognaise 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 & CHEESE BREAD (H)	\$2.50
CHEESE & BACON ROLL (WARM)	\$2.50
VEGEMITE CHEESE SCROLL (WARM)	\$2.50
CHICKEN NUGGETS (ORDERS ONLY)	\$0.50
PUMPKIN SOUP - Terms 2 and 3 only	\$3.00

## 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 \$1.00
BREAD ROLL	add 50c
WRAP	add
TOASTED	50c 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 and 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 alteration available)	
Add Chicken	\$6.00
FRUIT SALAD - Small	\$1.50
- Large	\$2.50

## FROM THE FREEZER

FROZEN PINEAPPLE (H) (GF)	50c
FROZEN JUICE Orange, Apple or Apple/Blackcurrant	\$1.00
MANGO WEISS BAR (GF)	\$2.50
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	\$2.50
97% Fat free	
FRUIT POPS (No sugar) (H) (GF)	50c
PINEAPPLE POPS (No sugar) (H) (GF)	50c
FRUIT QUELCH BARS (100% fruit)	50c

## 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
COCONUT COOKIES (H)	50c

## DRINKS

WATER - 250ML SMALL	\$1.00
WATER - 600ML MEDIUM	\$2.00
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 large \$3.50
Strawberry or Chocolate	
FRUIT SMOOTHIE (orders only)	\$2.50
Yoghurt, lite milk, berries	
SLUSHIE	small \$1.50 large \$2.50
Tropical, Lime or Natural (99% apple juice)	
WARM MILO	\$1.00

## Daily blackboard specials

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