

## DRINKS



<b>Small Water</b> (350ml).....	\$1.00
<b>Large Water</b> (600ml) .....	\$1.50
<b>Hilo Milk</b> (225ml) .....	\$1.20
<b>Sippah Straws</b> .....	\$0.50
<b>Small Flavoured Milk</b> (300ml).....	\$2.00
<i>(Berry, Choc, Neopolitan)</i>	
<b>Juice Bomb</b> (250ml) - 100% Sparkling Fruit Juice...\$2.50	
<i>(Apple &amp; Blackcurrant, Apple &amp; Raspberry, Vanilla Lime)</i>	
<b>Juice Box</b> (250ml) .....	\$2.00
<i>(Apple, Apple &amp; Blackcurrant, Orange, Tropical)</i>	

## DRINKS FOR STAFF ONLY

Orange Juice (350ml bottle) .....	\$2.50
Iced Coffee (600ml bottle/carton) .....	\$3.50
Choc Chill (600ml bottle/carton) .....	\$3.50

## ICE CREAMS — LUNCH ONLY



Not available to order on Flexischools.

Assorted <b>Icy Poles</b> (HM) .....	\$0.40
<i>(made with fruit juice or flavoured milk)</i>	

<b>Paddle Pop Ice Creams</b> .....	\$2.00
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<b>Froyo 2 Go</b> [frozen yoghurt (GF) & sorbets (GF,LF)]..	\$2.00
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Various flavours that are subject to change.  
All flavours are gluten free. Sorbets are lactose free.

<b>*Slushy</b> .....Sm	\$1.00
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<b>*Slushy</b> .....Lg	\$2.00
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### **\*New Item on Menu**

GF — Gluten Free  
LF — Lactose Free  
HM — Fully Prepared in Canteen

H — Halal  
V — Vegetarian

## SNACKS — RECESS & LUNCH

These snacks are available to add to a lunch order, or to purchase before school & at recess.

Available on Flexischools to add to lunches

<b>BYO Apple Slinky</b> .....	\$0.20
<b>Apple Slinky</b> .....	\$1.00
<b>Seasonal Fruit</b> .....	\$1.00
<b>Veggie Stix</b> (Carrot, Tomato, Celery, Cucumber) (HM) .	\$1.50
<b>Fruit Salad Cup</b> (Seasonal) (HM) .....	\$1.50
<b>Vanilla Yoghurt Cup</b> (70ml) .....	\$0.50
<b>Bento Snack Tray</b> (HM) .....	\$1.50
<b>Corn Cob</b> (V, GF) (by Order only) .....	\$1.00
<b>Anzac Biscuit</b> (HM).....	\$1.00
<b>Big Cookie</b> (HM).....	\$1.00
<b>Small Cookie</b> (HM).....	\$0.50
<b>Small Muffin</b> (HM) (Choc or Fruit) .....	\$0.50
<b>Large Muffin</b> (HM) (Choc or Fruit) .....	\$1.00
<b>Koala Pop Corn</b> (V) (GF) .....	\$1.00
<i>(Lightly Salted, BBQ, Chicken, Sweet &amp; Salty)</i>	

## HOT SNACKS — RECESS

Not all items are available every day at recess. Some items change each day. Not available to order on Flexischools.

<b>Small Cheesie</b> (HM) (1/2 slice of bread).....	\$0.30
<b>Pizza Folds</b> (HM) .....	\$0.30
<b>Pinwheels</b> (HM).....	\$0.30
<b>*Sausage Pinwheels</b> (HM).....	\$0.50
<b>Hash Browns</b> .....	\$0.50
<b>Potato Cakes</b> .....	\$1.00
<b>Potato Gems</b> .....	\$0.15
<b>Dino Snacks / Chicken Strips</b> .....	\$0.50
<b>*Chicken Crackles / *Chicken Wedges</b> .....	\$0.50
<b>Sausage on a Stick</b> .....	\$0.50

# ARBOR GROVE PRIMARY SCHOOL

## Canteen Summer Menu

Term 4 2018

*For Staff & Students*



We endeavour to provide a healthy menu that is allergy aware and provides options for vegetarian, gluten free, dairy free and Halal diets. No nuts or sesame products are used.

**PHONE: (08) 9297 9319**

**OPEN: MONDAY, TUESDAY, THURSDAY, FRIDAY**

**FROM 8:15AM**

**ALL ORDERS MUST BE MADE BEFORE 9:15AM**

Order Manually: Write order on lunch bag and put money inside (remember to include your name & class room) and leave in Canteen Basket in class room or at Canteen

Order Online: Go to [www.flexischools.com.au](http://www.flexischools.com.au)

See insert page for details

## EVERY DAY OPTIONS

*Pizza (one slice).....	\$2.25
<b>Bacon Blitz</b> <b>BBQ Chicken Champion</b> <b>Hawaiian</b> <b>Very Vegetarian</b> <b>Margherita</b>	
Hot Dog with Tomato Sauce / BBQ sauce / mustard .....	\$4.50
Dino Snack Meal with Corn Cob / Veggie Stix (H).....	\$5.00
Tomato Sauce portion (14g).....	\$0.50
BBQ Sauce portion (14g).....	\$0.50



Chicken Caesar Salad (HM) .....	\$7.00
Sweet chilli chicken tender, bacon, hard boiled egg, cos lettuce, grated cheese, croutons and Caesar dressing	
Add small <b>Buttered Roll</b> .....	\$0.50
*Chicken Rainbow Salad (HM) .....	\$5.50
Chicken breast wedges with mixed lettuce, grape tomato, carrot, cucumber & corn kernels	
Add small <b>Buttered Roll</b> .....	\$0.50

## Bento Meal .....\$7.00

Choose one meal:

- Hot Chicken Strips (H)
- Lasagne Bite (HM)
- Chicken & Salad Rice Paper Roll (GF, H, HM)

Choose one salad:

- Veggie Stix (HM)
- Fruit Salad (HM)
- \*Mini Garden Salad (HM)

Choose two snacks:

- Hard Boiled Egg (HM)
- Small Yoghurt Cup
- Popcorn
- Small Cookie (HM)
- \*Cheese & Crackers (HM)
- Small Muffin (HM)

Choose one drink:

- Hilo Milk
- Juice Box
- Small Water



## DAILY SPECIALS

### MONDAY

*Beef Taco Boat (HM) .....	small.....	\$5.00
*Beef Taco Boat (HM) .....	large .....	\$6.00
Mexican flavoured beef mince with lettuce, tomato, carrot, corn kernels & cheese sprinkled on top in a soft tortilla 'boat'		
*Sweet Chilli Chicken Wrap (HM) .....		\$5.00

### TUESDAY

*Beef Taco Boat (HM) .....	small.....	\$5.00
*Beef Taco Boat (HM) .....	large .....	\$6.00
*Chicken Goujons / Sweet Chilli Strip & Gems with Corn Cob / Veggie Stix (H) .....		\$5.00

### THURSDAY & FRIDAY

Beef Burger with salad (HM) .....	\$6.00
Chicken Burger with salad (HM, H) .....	\$6.00
Junior Beef Burger with salad (HM) .....	\$5.00
Junior Cheeseburger (HM) .....	\$4.00

## OCCASIONAL HOT OPTIONS

We recommend these foods be ordered **once a week or less**, but are available every day, for parents' convenience & discretion.

Party Pie (max serve 4) .....	\$1.25
Sausage Roll .....	\$3.00
Beef Cruiser Pie .....	\$4.00
Potato Top Pie.....	\$4.00
Spinach & Ricotta Roll (v).....	\$3.00
Tomato Sauce portion (14g).....	\$0.50
BBQ Sauce portion (14g) .....	\$0.50

## MAKE IT A "MEAL DEAL"

For only **\$2.50** add a drink & snack to your meal

Choose one drink:	Large Water, Hilo Milk or Juice Box
Choose one snack:	Big Cookie (HM), Large Muffin (HM), Veggie Stix (HM) or Fruit Cup (HM)

## SANDWICHES, ROLLS & WRAPS (HM)

- Choose from **Sandwich, Bread Roll or Wrap**
- Choose your **Fillings**

Vegemite & Margarine/Butter.....	\$1.50
Cheese.....	\$2.50
Salad—Lettuce, Tomato, Cucumber & Carrot .....	\$3.50
Egg—Plain or Curried .....	\$3.50
Diced Chicken .....	\$3.60
Ham .....	\$3.00

Any **Extra Fillings**

Lettuce, Tomato, Carrot, Cucumber, Beetroot, Pineapple, Cheese.....	Add \$0.50 ea
Garlic Aoli Dressing, Mayonnaise, Mustard, Tomato sauce, BBQ sauce.....	Add \$0.50 ea
OR Salad .....	\$1.20
(Lettuce, Tomato, Carrot, Cucumber)	
Toasting .....	\$0.50
Butter/Margarine.....	Free

## POPULAR TOASTIES

Cheese Toastie .....	\$3.00
*Cheese & Tomato Toastie (V, H).....	\$3.50
Baked Beans & Cheese Toastie (V, H).....	\$3.50
Ham & Cheese Toastie .....	\$3.50
*Ham, Cheese & Tomato Toastie .....	\$4.00
Chicken & Cheese Toastie (H) .....	\$4.50
*Chicken, Cheese & Tomato Toastie (H) .....	\$5.00
*Chicken, Cheese, Pineapple & Mayo Toastie (H).....	\$5.50

OR create your own special toastie by adding a little:

Aoli Dressing, Mayonnaise, Tomato Sauce, BBQ Sauce, Our <b>Special Homemade Sauce</b> .....	Add \$0.50 ea
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Traffic Light System

Green—Fill the Menu

Amber—Select Carefully

## FLEXISCHOOLS

### HOW TO REGISTER

- Go to: [www.flexischools.com.au](http://www.flexischools.com.au) and select the REGISTER option.
- Enter your email address.
- You will then receive an email. Click on the link within the email to go to the Registration Form.
- Complete the form and click “Submit”.
- Add your Student’s details, then you’re ready to order.

### HOW TO ORDER

- Go to: [www.flexischools.com.au](http://www.flexischools.com.au) and select the LOGIN option.
- Click on “Start an Order” for your Student.
- Select the day for the lunch order. You can also set up orders in advance.
- Add each of the lunch items. Extras and options will appear where relevant.
- Select your payment method. You can pay for the one order or “top-up” your account. Complete the payment and the order is placed.

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