CANTEN MENU 2016

**SANDWICHES**
- Egg or Egg & Lettuce (G, V, H) $2.00
- Ham or Devon or Chicken Salad add 80c (G, H) $2.70
- Tuna Salad add 80c (G, H) $2.70
- Salad (G, H) $2.80
- Vegemite or Jam or Honey or Cheese $1.70

**WRAPS**
- Cheese Rocket - Melted Cheese (G) $2.00
- Pizza Rocket - Ham or Chicken, Cheese & Pizza Sauce (G) $2.80
- Kids Chicken Schnitzel & Lettuce Wrap (G, H) $2.90
- Caesar Wrap Lettuce, Bacon, Egg & Caesar (G) $3.50
- Chicken Caesar Wrap Lettuce, Bacon, Egg & Caesar (G) $4.50
- Salad Wrap Lettuce, Tomato, Cucumber, Beet, Carrot (G, H) $3.50
- Chicken Salad Wrap Lettuce, Tom, Cuc, Beet, Carrot (G, H) $4.50
- Chicken Breast Schnitzel Wrap Lettuce & Mayo (G, H) $4.20
- Hawaiian Wrap Chicken, Lett, Pineapple, Mayo (G, H) $4.50
- Sweet Chilli Wrap Chicken Tenders, Lett, Mayo (A, H) $4.20

**SALAD BOWLS**
- Caesar Salad Lettuce, Bacon, Egg & Caesar (G) $3.60
- Garden Salad Lett, Tom, Cuc, Beet, Carrot, Italian (G, V) $3.60
- Add to Salad Chicken, Ham, Egg, Tuna or Cheese (G, V) $1.00

**BURGERS**
- Fish Fillet Burger Lettuce, Mayo (G, H) $3.60
- Vege Burger Lettuce, Mayo (G, H) $3.80
- Chicken Burger 100% Breast, Lettuce, Mayo (G, H) $3.90
- Hamburger Gourmet Beef, Tomato, Lettuce, BBQ Sauce (G, H) $3.90
- Cheeseburger Cheese, Tomato Sauce (A, H) $3.90

**HOT FAVOURITES**
- Fish Finger (G, V) $0.70
- Corn Cob (G, H, V) $1.00
- Garlic Bread Large Roll (G, H, V) $2.00
- Cup of Noodles Chicken Or Beef Or Oriental (G, H, V) $2.80
- Nachos Tomato Salsa & Cheese (G, H, V) $3.90
- Chicken Nuggets Premium Chicken (A, H) $0.70
- Mini Spring Rolls Vegetarian (A, H, V) $0.70
- Hash Brown (A, H, N, V, GF) $1.00
- Potato Wedges With Sauce (A, H, V) $2.20
- Cheese & Bacon Roll (A) $2.20
- Hot Dog With Tomato Sauce (A, H) $2.80
- Popcorn Chicken Premium Chicken (A, H) $3.00
- Nachos Beef Sauce & Cheese (A, H) $3.90

**PIZZA & PASTA**
- Macaroni & Cheese (G, H, V) $3.80
- Lasagna (Beef or Vegetarian) (G, V) $3.80
- Spaghetti Bolognese (G, H) $3.80
- Butter Chicken & Rice (G, H) $3.80
- Fried Rice (G, H, V) $3.80
- Stirfry Noodles Chicken & Carrot (G, H) $3.80
- Pizza Hawaiian OR Bacon & Cheese (A) $2.80
- Cheese Pizza Homemade with Pizza Sauce (A, H) $3.50

**SUSHI ROLLS**
- Terms 1 & 4 Only
  - Chicken With Cucumber (G, H) $3.20
  - Tuna With Cucumber (G, H) $3.20
  - Vegetable Assorted Veges (G, H) $3.20

**PIE & SAUSAGE ROLL**
- Low Fat
  - Party Pie (A, H) $1.00
  - Sausage Roll (A, H) $2.80
  - Meat Pie (A, H) $3.60
  - Potato Pie (A, H) $3.80

**FRESH FRUITS**
- Apple, Banana, Mandarin (G, V) $1.00
- Watermelon in a Bowl Regular (G, V) $1.60
- Fruit Salad Bowl Regular (G, V) $1.60
- Grapes in a Bowl Regular (G, V) $2.00
- Fruit Salad Bowl Large (G, V) $3.80

**SNACKS**
- Fruit Nuggets 66% Fruit Gluten Free (V) $0.60
- Jelly Bottle Add Fruit 50c (G, H) $1.20
- Popcorn (G, H) $1.00
- Yoghurt Vanilla (G, H) $2.40
- J&J’s Chicken Crackers (A) $1.10
- Brownie (A, H) $1.00
- Jumpys (A, H) $1.20
- Assorted Chips Honey Soy, Plain, Salt & Vinegar (A, H) $1.50

**MILK DRINKS**
- 300ml Choc / Strwbrty / Vanilla Oak Fresh (G, H) $2.20
- Up & Go Choc / Strwbrty / Vanilla Breakfast Drink (G, H) $2.50
- Hot Chocolate (A, H) $1.50

**COLD DRINKS**
- Popper 100% Juice Apple, Orange, Apple B/Currant, Paradise Punch (G, H) $1.60
- Water 350ml (G, H) $1.40
- Water 600ml (G, H) $1.80
- Orchy 350ml 100% Juice Apple or Orange (G, H) $2.30
- Applestirr 250ml Sparkling Apple Juice 99% (G, H) $2.50
- Quench Blue OR Raspberry Mineral Water 350ml (A, H) $2.20

**ICE BLOCKS**
- Frozen Fruit Yoghurt (G, H) $2.50
- Jelly Sticks (A) $0.20
- Fruitee Ice (A) $0.50
- Sour Snap Apart (A) $1.00
- Ice Momy (A) $1.20
- Fandangles (A, H) $1.70

**CRUNCH & SIP SPECIAL**
- ORDER BEFORE SCHOOL

**EXTRAS**
- Tomato, Beetroot, Cucumber, Carrot $0.20
- Sauce Portions (BBQ or Tomato) $0.30
- Cheese, Pineapple $0.40

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ONLINE ORDERING

- Available 24/7
- Convenient for Parents - Free Registration
- Removes paper orders and cash

Online ordering is more convenient, providing a payment and ordering system that can be accessed from home, work or your mobile device.

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EASY, ONLINE REGISTRATION

- Go to www.flexischools.com.au
- Click REGISTER
- Enter your email. You will be emailed an online link
- Click on the link and follow the steps
- Choose a Username & Password & complete the form
- Add each child and their class
- Top up the Account - Visa or Mastercard preferred

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Place lunch orders from your iPhone, iPad or mobile device!

For help call 1300 361 769

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(G) GREEN - (A) AMBER - (V) VEGETARIAN - (H) HALAL