

# FMDS Canteen Menu

## FRESH SANDWICHES

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

## HOT FOOD ITEMS

Toasted Cheesy Roll	\$3.50
Home Made Sausage Roll	\$4.00
Spinach & Ricotta Roll	\$4.50
Hot Dog	\$4.00
Chicken Hot Dog	\$4.50
Meat Pie	\$5.00
Chicken Nuggets x 6	\$5.00
Cheese Pizza (Monday to Wednesday ONLY)	\$5.00
Chicken Mornay Noodle Cup	\$3.00
Gluten Free Nuggets x 6 GF	\$5.50
Beef Burger with Cheese	\$5.50
Crumbed Chicken Burger with Cheese	\$6.00
Sauce portion	\$0.50

## SPECIALTY WRAPS & SALADS

Chicken Caesar Wrap <i>(Grilled Chicken, Cos Lettuce, Cheese, Ham &amp; Caesar Dressing)</i>	\$7.00
Sweet Chili Chicken Wrap <i>(Chicken Tenders with Lettuce &amp; Mayo)</i>	\$7.00
Vegetarian Wrap <i>(Baby spinach, Carrot, Cucumber, Red Onion, Tomato &amp; Hummus)</i>	\$7.00
Garden Salad	\$5.00
Add Meat (Chicken, Tuna, or Ham)	+\$6.00

## SNACKS & DRINKS

Quelch Stick	\$1.00
Popcorn	\$1.00
Frozen Juice Cup	\$1.50
Assorted Fresh Fruit	\$1.50
Mamee Noodle Snack	\$1.50
Ice Money Ice Block	\$2.00
Muffin	\$2.00
Fruit Salad Cup	\$3.50
Water	\$2.50
Popper 100%	\$2.50
Oak Flavoured Milk	\$3.00
Chilli J   Drink	\$3.20

## HOT MEALS

Butter Chicken & Rice GF	\$5.50
Spaghetti Bolognese	\$5.50
Nachos with Salsa & Cheese	\$4.00
Nachos with Meat, Salsa & Cheese	\$5.00
Meatball Pasta	\$5.50
Cheesy Chicken Pasta	\$5.00
Gluten Free Spaghetti GF	\$6.00

## FRESH START CANTEENS – ORDER ONLINE & REMINDERS

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

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

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

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