

### **BREAKFAST 8.20am – 8.50am**

Variety of Yoghurts, Sushi, Fruit, Soup	from 2.50
Bacon & Egg or Sausage & Egg Muffin	4.00
Toasted Sandwiches	from 3.00
Spaghetti & Cheese Jaffle	3.50
Hash Brown	1.00
Drinks	from 2.00
Sausage Roll Lite	3.50
Hot Chocolate / Coffee	3.50/4.00

### **MORNING TEA 10.15am – 10.45am**

### **LUNCH 1.05pm – 1.50pm**

#### **SANDWICHES** Fresh/Toasted White/Wholemeal

Cheese or Vegemite	2.50
Cheese and Tomato	3.50
Cheese and Vegemite	3.50
Egg or Curried Egg & Lettuce	4.00
Ham and Cheese	4.00
Ham Cheese and Tomato	4.50
Ham and Salad with Mayo	5.00
Full Salad	5.00
Chicken Cheese and Mayo	4.00
Coronation Chicken "The Alex"	5.00
Chicken / Ham and Salad with Mayo	5.00
Roast Beef Cheese and Pickle	5.00
Corned Beef and Relish	4.50

(Options: cheese, lettuce, tomato, cucumber, carrot, beetroot, red onion, relish, mango chutney, pickle)

#### **SALAD BOWL / WRAPS** (Fresh or Toasted)

Chicken Caesar Wrap ½ or Full	4.00/7.00
Full Salad Wrap ½ or Full	4.00/7.00
Ham Salad Wrap ½ or Full	4.00/7.00
Chicken Salad Wrap ½ or Full	4.00/7.00
Chicken Cheese & Mayo Wrap toasted	4.00
Chicken Cheese & BBQ Sauce Wrap toasted	4.00
Chicken Caesar Bowl (add egg)	6.50/7.00
Garden Salad with vinaigrette(add chicken/ham)	6.50/7.00

#### **SUSHI (Wild Wasabee)**

Mayo Tub	0.40
Sushi Long Rolls (Sweet Chilli Chicken, Chicken Avo, Teriyaki Chicken, Grilled Chicken Teriyaki, Tuna Mayo, Tuna Avo)	3.80
Chicken or Tuna Avo Maki	3.80
Vegetarian Nigiri	4.20
Chicken Rice Paper Rolls	4.20
Inside Out: Chicken or Tuna Avo	3.80

We are open for Breakfast and Pre-orders from 8.20am and to assist with serving times Students can Pre-Order online ([flexischools.com.au](http://flexischools.com.au)) or use the paper bag system and collect orders from the Priority Line. Canteen prices are correct at time of printing and prices are subject to change without notice. If a student is going home early, please notify the canteen to make arrangements to collect your order. Orders not collected will not be replaced or refunded. Canteen Contact No: 5503 7857 Sharon Collis - Convenor

### **HOT FOOD**

Chicken Burger with lettuce & mayo	5.50
Cheese & Bacon Burger / Hamburger	5.50
Loaded Spud (Cheese & Bacon or Hawaiian)	5.50
Famous Nerang High "Triangles"	4.50
Garlic Bread	2.50
Meatball Cheese Melt Sub	5.00
BBQ Pork Riblet Cheese Melt Sub	6.00
Meat Pie / Potato Top Pie	4.00/5.00
Hi-Protein Traveller Pie	5.50
Spinach & Ricotta Roll	4.00
Sausage Roll Lite	3.60
Rice Bowls (Teriyaki or Curry Chicken)	4.60

#### **Daily Specials will be available during**

**the Term which may include: Butter Ckn Pasta Bolognese, Fried Rice, Pizza, Nachos Lasagne, Tuna or Chicken Mornay, Burritos Potato/Pasta Bake, Spag & Meatballs** from 3.50

#### **DRINKS**

Water Small / Pop Top 1ltr	2.00/3.00
Waterford's Lite & Fruity Mineral Water	3.00
Iced Tea / Krazy Lemon (Classic or Strawberry)	4.00
Juicee Crush Fruit Juice	2.50
Powerade / Sports Staminade Wild Berry	4.50
Orchy Orange, Pine or Smoothie Mango	3.50
Glee Varieties	2.50
Plain Milk small / med	1.50/2.50
Flavoured Milk small	3.00
FM, Real, Norco and Breaka Milks	from 4.00
Breaka Longlife 250ml popper varieties	2.50
Slushie	2.50
Milo Pouches Energy Snack	3.20

#### **ICE CREAMS / ICY POLES**

Dixie Cup	2.50
Icy Twists	2.50
Zooper Doopers	1.00
Frozen Yoghurt Bulla	3.50
Frosty Fruit – Fruit Stack	3.00
Icy Pole (Raspberry / Lemonade)	2.00
Lifesaver	2.50
Milo Scoop Shake	3.50
Calippo	2.00
Cyclones	3.00
Paddle Pops (Banana, Choc or Rainbow)	2.50

#### **SNACKS**

Watermelon or Grape Cup / Fruit Salad	3.50/4.00
Banana Bread Slice	3.50
Chocolate Coconut Brownie	1.00
Chocolate Chip Cookies (2)	1.50
Anzac Cookies (2)	1.50
Dip n Crackers Snack Pack	3.50
Cheese & Crackers pack	2.00
Harvest Pea Snacks (Salted & Salt & Vinegar)	1.50
Veggie Straws	1.50
Vege Crackers Piranha (Salt & Vin or BBQ)	1.50
Grain Waves	1.50
Snaps (Light n Tangy or BBQ)	1.50
Noodle Cup (Beef, Chicken or Oriental)	3.00