



# Canteen Menu

The following items are available at the counter:

## *Cold Food*

### **Sandwiches, Rolls and Wraps** *(made to order)*

Salad  
Ham & Salad  
Ham, Cheese & Tomato  
Egg & Lettuce  
Chicken, Avocado and Lettuce  
Tuna & Lettuce

### Salad Boxes (Basic)

Salad Boxes - Chicken, Egg, Cheese, Tuna, etc  
Greek Salad  
Caesar Salad

## *Ice Confectionary*

Icy Pole - Lemonade & Raspberry  
Milo Scoop Shake  
Maxibon  
Connoisseur Range  
Zooper Dooper  
Gelato Range

## *Hot Food*

Sausage Rolls  
Meat Pies  
Snack Pies *90gr*  
Potato Pies  
Spinach Rolls  
Wedges  
Noodle cup  
Mini Pizza  
Chicken Sticks

## *Drinks*

Sprite, Diet Coke, Fanta & Lift *375ml cans*  
Deep Spring Mineral water *375ml can*  
Lightly Sparkling Mineral Water  
Orchy Fresh Juice *300ml*  
Fruit Box Popper *350ml*  
Oak Milk - Chocolate, Iced Coffee & Strawberry *300ml*  
Up and Go - Chocolate & Vanilla *250ml & 350ml*  
Hot Chocolate  
Coffee (Seniors only)  
Tea  
Iced Tea *500ml*

## *Snacks*

Fresh Fruit Salad  
Yoghurt  
Homemade Muffins  
Toasties  
Red Rock Chips - Honey Soy & Sea Salt *28gr*  
Pretzels  
Popcorn  
Grainwaves - Sour Cream & Chives  
Mammee Noodles - BBQ & Chicken  
Jelly Cups  
Custard  
Mousse

**Daily specials**  
(home cooked hot options including burgers, wraps, pasta/rice/asian dishes), as advertised on the Bennies App, are made to order and prepared fresh on the premises.



Go to [www.flexischools.com.au](http://www.flexischools.com.au) to place an online order before 7.30am each day

Gluten-free and special dietary options available on request

Check the Bennies App for daily specials

*Inspiring Young Women  
Transforming the Future*