



Healthy Kids Canteen Menu

Charles Weston Primary School

Term 1
2021

Order online at www.flexischools.com.au

Sandwiches & wraps **toasted or untoasted**

All served on wholemeal bread unless otherwise requested.

Vegemite (with margarine) V	\$3.00
Cheese V	\$3.80
Cheese & tomato V	\$3.50
Ham	\$3.50
Ham & cheese	\$4.50
Ham, cheese & tomato	\$4.80
Ham & salad	\$4.70
Ham, lettuce & mayo	\$4.20
Chicken & cheese	\$4.50
Chicken & salad	\$4.70
Chicken, lettuce & mayo	\$4.50
Tuna & cheese	\$4.50
Tuna, lettuce & mayo	\$4.20
Rainbow: Lettuce, carrot, tomato, cucumber, beetroot V	\$4.30
Salad & cheese V	\$4.20
Egg & cheese V	\$4.50
Egg, lettuce & mayo V	\$4.20

Change up your sandwich:

Add: ham, chicken, tuna, egg or cheese	\$1.00
Add: Lettuce, carrot, cucumber, tomato, beetroot	\$0.60
Change to: wrap Extra	\$0.50
Change to: gluten-free bread GF	\$1.00

Fresh salads

Superhero salad: Lettuce, carrot, tomato, cucumber, corn, beetroot V GF	\$4.80
Seasonal fruit salad:	\$3.50

Change up your salad:

Add: chicken	\$1.00
Add: tuna	\$1.00

Drinks

Water: 600ml	\$2.00
Plain milk: 300ml	\$2.00
Big M 300ml milk varieties	\$3.00
Just Juice: 200ml (apple, orange, apple & blackcurrant)	\$2.00
Chill J 100% Sparkling Fruit Juice: 250ml (blastin' blackcurrant, rippin' raspberry, groovy grape)	\$3.00

Hot meals - canteen made

Pasta Bolognese: beef H	\$5.50
Pasta Napolitana: vegetarian H V	\$5.00
Lasagna: beef H	\$5.00
Lasagna: veggie H V	\$5.50
Burgers: Beef, Chicken, Veggie V	\$5.00
Chow Mein style chicken & rice	\$5.30
Lite'n Up Sausage Roll	\$4.50

DAILY SPECIALS!

Wednesday

Fried Rice: Chicken or Vegan V GF H	\$5.50
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Friday

Canteen-made pizza:	\$5.00
Ham & Pineapple	
Tandoori Chicken & Cheese	
Four Veggie & Cheese V	
Cheese V	

Snacks

Piece of seasonal fruit V GF	\$1.50
Poppin' corn V GF	\$1.00
Jelly (made with 100% juice)	\$1.50
Vanilla custard cup V	\$1.50
Fluffy chocolate mousse V GF	\$2.00
Banana bread V	\$1.80
Assorted English muffins	\$2.50
Cheesy garlic bread V	\$2.00

Frozen

Quelch juicy sticks V GF	\$0.70
Eskimo fruit snacks V GF	\$1.50
Twisted frozen yoghurt (chocolate/vanilla, Strawberry/vanilla, watermelon/mango) V GF	\$2.80



V = Vegetarian

GF = Gluten Free

H = Certified Halal

H denotes products which have been Halal Certified. All chicken used in sandwiches and hot meals is also Halal Certified.