

# Charles Weston School canteen menu

Canteen Operates Wednesdays, Thursdays & Fridays - Over the counter sales for Recess & Lunch

Lunch orders are delivered at second break

## How to place lunch Orders:

### Option 1: ONLINE LUNCH ORDERS - Wednesday, Thursday & Fridays

Wednesday, Thursday & Fridays all orders can be placed via Flexischools online. Cut off is 8am each morning

### Option 2: OVER THE COUNTER LUNCH ORDERS - Wednesday & Thursdays ONLY

Wednesdays & Thursdays ONLY we can accept lunch orders either handed into your class basket with your NAME and CLASS written on the bag and money included or handed into the canteen in the morning.

#### HOT FOOD

Garlic Bread.....	\$1.50
Herb Bread.....	\$1.50
Cheesy Bread.....	\$2.00
<b>Chicken Yummy Drummy Stick.....</b>	<b>\$1.50</b>
<b>Sausage Roll.....</b>	<b>\$3.50</b>
<b>Pizza Rounder.....</b>	<b>\$3.80</b>
<b>Chicken Nuggets.....</b>	<b>\$3.80</b>
<b>Meat Pie.....</b>	<b>\$4.00</b>
<b>Pepper Steak Pie.....</b>	<b>\$4.20</b>
<b>Potato Top Pie.....</b>	<b>\$4.50</b>
<b>Cheese &amp; Spinach Roll</b>	<b>\$4.50</b>
<b>Beef Cheese &amp; Bacon Pie</b>	<b>\$4.50</b>
<b>Meatball Cheesy Sub</b>	<b>\$5.00</b>
<b>Vegetarian Lasagne</b>	<b>\$4.50</b>
<b>Nachos</b>	<b>\$5.50</b>
Various Nacho options available online	
<b>Baked Potato</b>	<b>\$5.50</b>
Various Nacho options available online	
<b>Wedges (with sourcream &amp; sweet chilli)</b>	<b>\$4.50</b>
<b>Chicken Burger.....</b> Lettuce & Ma	<b>\$5.50</b>
<b>Fish Burger.....</b> with Salad....	<b>\$5.50</b>
<b>Vegie Burger.....</b> with Salad....	<b>\$5.50</b>
<b>Beef &amp; Cheese Burger.....</b>	<b>\$5.50</b>
<b>Chicken Schnitzel in Turkish Roll</b>	<b>\$6.00</b>
with lettuce,tomato, cheese & Mayo)	
Food items have been colour coded to indicate their nutritional value against the traffic light requirements	
<b>Green, Amber &amp; Red</b>	
<b>Gluten Free Nuggets.....</b>	<b>\$5.00</b>
<b>Gluten Free Pasta Bolognese.....</b>	<b>\$6.00</b>
<b>Gluten free muffins.....</b>	<b>\$3.00</b>

#### SALADS, WRAPS & SANDWICHES

<b>Caesar Salad.....</b> sml.....	<b>\$4.50</b>	
	lrg.....	<b>\$6.00</b>
<b>Garden Salad.....</b> sml.....	<b>\$4.50</b>	
	lrg.....	<b>\$6.00</b>
<b>Greek Salad</b>	sml.....	<b>\$4.50</b>
	lrg.....	<b>\$6.00</b>
<b>Caesar wrap</b>		<b>\$5.50</b>
<b>Salad Wrap</b>		<b>\$4.50</b>
<b>Rice Paper rolls - Vegetarian</b>		<b>\$4.50</b>
<b>Salad sandwich</b>		<b>\$4.00</b>
<b>Egg, mayo &amp; Lettuce Sandwich</b>		<b>\$4.00</b>
<b>Chicken, mayo &amp; Lettuce Sandwich</b>		<b>\$4.00</b>
<b>Ham, Cheese &amp; Tomato</b>		<b>\$4.00</b>
		<b>\$4.00</b>
<b>Vegemite &amp; Cheese</b>		<b>\$3.50</b>
<b>Honey or Jam</b>		<b>\$3.50</b>

#### Snacks

<b>Corn on the Cob.....</b>	<b>\$1.50</b>	
<b>Cheese Stick.....</b>	<b>\$1.50</b>	
<b>Banana Bread.....</b>	<b>\$2.80</b>	
<b>Sultanas.....</b>	<b>\$1.50</b>	
<b>Fruit Salad.....</b> Sml	<b>\$2.00</b>	
	Lrg	<b>\$4.00</b>
<b>Fruit Salad &amp; Custard</b>	<b>\$2.50</b>	small
<b>Fresh Fruit.....</b>	<b>\$1.00</b>	
<b>Apple, Orange, Banana</b>		
<b>3 mini pikelets.....</b>	<b>\$3.50</b>	
<b>with Butter &amp; Jam</b>		
<b>Carrot &amp; Celery Sticks</b>	<b>\$4.00</b>	
<b>with Hommus</b>		
<b>3C's .....</b>	<b>\$4.00</b>	
<b>Carrots, Cheese &amp; Crackers</b>		

#### DRINKS

<b>Flavoured Milks 300ml:</b>	<b>\$2.80</b>
<b>Choc, Straw, Vanilla, Banana or Plain Milks</b>	
<b>Water</b>	<b>\$2.00</b>
<b>Fruit Boxes</b>	<b>\$1.50</b>
<b>Juices</b>	<b>\$4.00</b>
<b>Up &amp; Go</b>	<b>\$2.80</b>
<b>Choc, Straw, Vanilla, Caramel Banana</b>	

#### TREATS

<b>Muffins.....</b>	<b>\$1.00</b>
<b>Cookies.....</b>	<b>\$1.00</b>
<b>Jelly's 99% Fruit Juice</b>	<b>\$2.00</b>
<b>Jelly &amp; Custard.....</b>	<b>\$2.50</b>
<b>Popcorn.....</b>	<b>\$1.50</b>
<b>Icy Pole.....</b>	<b>\$1.00</b>
<b>Frozen Fruit Cup.....</b>	<b>\$2.00</b>
<b>Frozen Yoghurt.....</b>	<b>\$2.50</b>
<b>Tomato sauce portion</b>	<b>\$0.50</b>
<b>BBQ sauce portion</b>	<b>\$0.50</b>



Please feel free to contact Empire Catering on mobile 0408200481 for any queries with lunch orders or any constructive feedback you have regarding menu items

For your flexischool account please contact FLEXISCHOOLS directly on 1300 361 769