

THE LUNCH BOX

SUMMER MENU 2025

DAILY SPECIALS

MONDAY

Poke Bowl (GF)\$7.00
Fresh poke bowl with option of filling and dressing.
Choice of filling – chicken tenders, teriyaki chicken, tuna or avocado.
Choice of dressing – toasted sesame, honey soy or sweet chilli sauce.
All bowls come with corn, carrot and edamame, topped with fried shallots.

TUESDAY

Sushi\$4.00
Homemade sushi, choice of Chicken, Chicken Teriyaki, Chicken and Avo, Avocado, Tuna, Tuna and Avo

WEDNESDAY

Chicken and Wedges \$7.00
Two chicken tenders served with potato wedges.
Add Sauce 50c extra.

THURSDAY

Buddy Burger \$6.00
Choice of Beef, Chicken or Veggie patty with lettuce, tomato and sauce.

FRIDAY

Subs\$6.00
Choice of meatballs with marinara sauce, chicken tenders with aioli or falafel with tzatziki. All served with cheese in a warm bread roll.

Lunch Pack - \$8

Includes your choice of sandwich (jam, honey, vegemite or cheese), piece of fruit, muffin and your choice of snack (popcorn, chips or cheese and crackers)

SANDWICHES/WRAPS/BOX

Honey, Jam or Vegemite \$2.50
Cheese \$3.00
Egg and Lettuce \$4.50
Salad \$4.00
Ham or Chicken \$4.00
Add Salad \$2.00
Add Cheese \$0.50
Salad includes: lettuce, tomato, carrot and cucumber.

HOT ITEMS

Satay Chicken (GF).....\$6.00
Nut free satay chicken with rice.
Lasagne
Beef\$5.50
Vegetarian (V).....\$5.50
Rice (V)(GF)\$2.00
Steamed rice with soy sauce.
Hot Dog\$4.50
97% Fat Free Hot Dog served in freshly baked hot dog buns with tomato or BBQ sauce. Cheese 50 cents extra.
Pretzel (V) Served Warm.....\$2.00
Mini Garlic Bread (V)\$1.50
Corn Cob (V) (GF).....\$2.00
Chicken Nuggets (GF).....\$4.50
6 chicken breast nuggets. Sauce 50c.
Tempura Fish Cocktail\$4.00
4 piece per serve. Tartare sauce 50c extra.
Cheesy Toast (V)\$2.50
Pizza Slab\$5.50
choice of Cheese (V), Vegetarian (V), Meat & Cheese, BBQ Chicken, and Hawaiian (beef and pineapple).

SNACKS

Homemade Muffin (V)\$2.50
Blueberry or Choc Chip Banana
Fruit Salad (V)(GF)\$2.50
Homemade with seasonal fruit.
Cheese & Crackers (V)\$1.50
4 water crackers & reduced fat cheese
Red Rock Deli Chips (GF)\$1.50
Sea Salt, Salt & Vinegar, Honey Soy Chicken, Sweet Chilli & Sour Cream.
Bliss Balls(GF)(V)\$1.00
Fruit Seasonal\$1.50
Popcorn (plain)\$1.00
Freshly Baked Biscuit (V)\$1.00
ANZAC or Chocolate Chip

TOASTIES/JAFFLES

Spaghetti \$4.00
Ham, Cheese and Tomato \$5.00
Chicken and Cheese \$5.00
Baked Beans \$4.00
Savoury Mince..... \$4.50
Vegemite and Cheese \$3.50
Sweet Chilli Chicken Tender
Toasted Wrap.....\$5.00
Add cheese0.50c extra

FROZEN SNACKS

Mini Vanilla Drumstick\$2.50
Bulla Frozen Yoghurt \$3.00
97% Fat Free (V)
Mango, Raspberry or Strawberry
Ice Cream Dixie Cup (GF)\$1.50
Lemon (DF), vanilla, strawberry, chocolate.
Lifesavers Ice Block.....\$1.50
Lemonade Icy Pole\$1.50
Frozen Fruit\$0.50

DRINKS

Sparkling Water 500ml \$2.50
Flavoured Milk \$3.00
Chocolate, Strawberry or Vanilla
Fruit Popper \$2.50
99% Fruit Juices
Apple, Orange, Apple & Blackcurrant
Slushie \$2.50
Water 600ml \$2.00

(V) = Vegetarian.

(GF) = Gluten Free.



IF YOUR CHILD HAS A FOOD ALLERGY/INTOLERANCE PLEASE CONTACT THE TUCKSHOP TO SET UP A TIME TO DISCUSS THIS DIRECTLY WITH OUR CONVENOR BEFORE PLACING AN ORDER.

ORDER ONLINE: flexischools.com.au App:



Please place orders no later than 9am