

DAILY MEAL DEALS \$9.00

Monday: Chicken & Cheese Toasty, Noodle Snacks, 250ml Apple Blackcurrant Juice

Tuesday: Small Spaghetti Bolognese, Small Jelly custard cup, 350ml water

Wednesday: Small Pasta Carbonara, Small Fruit Salad, 350ml Water

Thursday: Small Bacon Veggie Egg Fried Rice, Small Choc Mousse, 350ml water

Friday: Small Butter Chicken, 2 Mini Fruit Muffins, 250ml Chocolate Breaka Milk

LUNCH PACKS \$8.00

Pack 1: Ham Cheese Toasty, Small Apple, 2 Mini Fruit Muffins, 250ml Juice Apple/Blackcurrant

Pack 2: Chicken Strip Wrap 7", Noodle Snacks, Icy Fruit Stick, 390ml Water Bottle

Pack 3: Gluten Free Nuggets, Popcorn, Dried Apricots, 350ml Water

BIRTHDAY CELEBRATIONS DEALS

Frozen Treat Basket Icy Fruit Stick for the class and Teacher **\$25.00**

Cookie Delight: Mini Cookies pack for the class and Teacher **\$25.00**

Please order on a bag with Student's name and class and we will organise a basket filled with your choice to be delivered to your child's classroom. Includes Birthday Badge for your child.

ORDERING OPTIONS

Online: Why not try our online ordering system, it's fast, efficient, convenient, and all done from home or even on your mobile phone.

Register on www.flexischools.com.au
Cut off time 9:15am daily.

**Canteen prices on the menu are correct at the time of printing. Prices are subject to change without notice.*



Canteen Menu

Primary School Break Times

1st Break 10.40am

2nd Break Flexischools Orders Only

Secondary School Break Times

1st Break 11.10am

2nd Break 1.00pm

www.uppercoomerasc.eq.edu.au

SANDWICHES

Vegemite	\$2.10
Egg	\$3.70
Egg & Lettuce	\$4.50
Seasoned Chicken Cheese Mayo	\$5.00
Seasoned Chicken Cheese Lettuce Mayo	\$5.50
Cheese Sandwich	\$3.50
Ham Cheese	\$4.50
Ham Cheese Tomato	\$5.00
Ham Cheese Pineapple	\$5.00
Cheese Salad	\$5.50
Fresh Chicken Salad	\$7.00
Ham Salad	\$6.50

WRAPS

Sweet Chilli Chicken Salad (Cheese, Mayo)	\$8.00
Gourmet Fresh Chicken Salad (Cheese, Mayo)	\$8.00
Chicken Caesar Wrap	\$8.00
Junior Chicken Strip Wrap (Lettuce, Cheese, Mayo, BBQ sauce)	\$5.50
Junior Fresh Chicken (Lettuce, Cheese, Mayo,)	\$6.00
Ham Salad Wrap (Cheese, Tomato, Carrot, Lettuce, Cucumber, Mayo)	\$8.00

SALADS

Chicken Caesar (Bacon, Egg, Lettuce, Parmesan Cheese, Croutons)	\$8.50
Ploughman's Lunch (Chicken Strip, Ham, Salami, Veggie Sticks, Cheese Crackers, Aioli Dip)	\$8.00
Salad Box (Lettuce, Carrot, Cucumber, Tomato)	\$6.00
ADD Chicken, Ham Extra	\$1.70

SUSHI \$4.50

<u>Available Monday & Wednesday Only</u>	
Chicken Avocado (GF)	
Chicken Teriyaki (GF)	
Tuna Mayo (GF)	
Avocado (GF)	

HOT FOOD

Beef Burger (Lettuce, Tomato, Cheese, Sauce)	\$7.00
Chicken Burger (Lettuce, Tomato, Cheese, Mayo)	\$7.00
Chicken Cheese Mayo Burger	\$6.00
Cheeseburger (Tomato Sauce)	\$6.00
Spaghetti Bolognese (with cheese)	Small \$6.50
	Large \$7.50
Garlic Bread	\$2.00
Mini Corn on the Cob	\$1.20
Sausage Roll	\$4.00
Meat Pie Snack size	\$2.80
Meat Pie Large Traveller	\$5.20
Hotdog (with or without sauce BBQ or Tomato)	\$4.50
	Add Cheese \$0.50
Mini Hotdog (with or without sauce BBQ or Tomato)	\$3.00
	Add Cheese \$0.50
Wedges (Sour Cream & Sweet Chilli)	\$5.00
Hash Brown	\$1.00
Chicken Nuggets (5)	\$3.70

GLUTEN FREE OPTIONS

Chicken Nuggets (5)	\$4.20
Extra: Tomato or BBQ Sauce	\$0.50

DRINKS

Bottled Water 600ml	\$2.50
Bottled Water 1 litre	\$4.00
Breaka Milk 250ml (Choc, Strawberry,)	\$2.50
Breaka Milk 300ml (Choc, Strawberry)	\$3.00
Breaka Milk 500ml (Choc or Strawberry)	\$5.00
Fresh Plain Milk 300ml	\$1.80
Up & Go (Choc or Vanilla)	\$3.00
Juice Popper 250ml (Apple B/C)	\$2.50
Fruit Juice Slushy Small JUNIOR ONLY	\$2.50
Fruit Juice Slushy Large JUNIOR ONLY	\$3.00
Peach Iced Tea 250ml	\$2.50
Orchy Orange Juice 350ml	\$3.50
Focus Water 350ml (Fruit Tingle)	\$3.50
Juice Bomb 100% Sparkling Juice	\$2.50
Apple Cola, Raspberry & Grape	

SNACKS

Veggie Sticks (Carrot, Cucumber, Aioli)	\$2.20
Cheese & Crackers	\$2.50
Dried Apricots Pack (8)	\$1.20
Custard Cup Large	\$3.50
Jelly Custard Cup Large	\$3.50
Jelly Custard Cup Small	\$2.50
Chocolate Mousse Large	\$3.50
Chocolate Mousse Small	\$2.50
Fruit Salad Cup	\$3.50
Watermelon/Rockmelon Cup	\$3.50
Apple Slinky	\$2.00
Banana Bread Homemade	\$3.00
Muffin Homemade (Chocolate, Apple or B/berry)	\$3.00
Choc Chip Cookie	\$2.00
Popcorn (GF)	\$1.00
Snaps Veggie Chips (GF) (Salsa)	\$2.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips (Honey Soy, Sea Salt)	\$2.00
Jumpy's (Chicken, Salt & Vinegar)	\$1.30

FROZEN TREATS

Pineapple Hoop	\$0.50
Fruit Smoothie (Dairy Free) Small	\$3.00
Fruit Smoothie (Dairy Free) Large	\$4.00
Paddle Pop (Rainbow, Chocolate)	\$3.00
Paddle Pop Lemonade Twist	\$2.50
Calippo (Pine Raspberry)	\$2.20
Frozen Yogurt (Wild Berry)	\$3.50
Icy Fruit Stick	\$0.60
Apple Blackcurrant Juice Cup	\$1.00