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| **DAILY MEAL DEALS $8.50**  **Monday:** Chicken & Cheese Toasty, Noodle Snacks, 250ml Apple Blackcurrant Juice  **Tuesday:** Small Chicken Bacon Veggie Egg Fried Rice, Small Choc Mousse, 350ml Wate**r**  **Wednesday:** Small Pasta Carbonara, Small Fruit Salad, 350ml Water  **Thursday:** Small Spaghetti Bolognese, Small Jelly Custard Cup, 350ml Water  **Friday:** Small Butter Chicken, 2 Mini Fruit Muffins, 250ml Chocolate Breaka Milk  **LUNCH PACKS $7.50**  **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](http://www.flexischools.com.au)  Cut off time 9:15am daily. | **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** CanteenMenu |
|  | ***\*Canteen prices on the menu are correct at the time of printing. Prices are subject to change without notice.*** |  |

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| **SANDWICHES**  Vegemite $2.00  Egg $3.50  Egg & Lettuce $4.20 Seasoned Chicken Cheese Mayo $4.80  Seasoned Chicken Cheese Lettuce Mayo $5.30  Ham Cheese $4.20  Ham Cheese Tomato $4.80  Cheese Salad $5.30  Fresh Chicken Salad $6.50  Ham Salad $6.00  **WRAPS**  Sweet Chilli Chicken Salad (Cheese, Mayo) $7.50  Gourmet Fresh Chicken Salad (Cheese, Mayo )$7.50  Chicken Caesar Wrap $7.50  Junior Chicken Strip Wrap $5.50  (Lettuce, Cheese, Mayo, BBQ Sauce)  Ham Salad Wrap $7.50 (Cheese, Tomato, Carrot, Lettuce, Cucumber, Mayo)    **SALADS**  Chicken Caesar $8.00  (Bacon, Egg, Lettuce, Parmesan Cheese, Croutons)  Ploughman’s Lunch $7.80  (Chicken Strip,Ham,Salami,Veggie Sticks,Cheese Crackers&,Aioli Dip)  Salad Box $5.80  (Lettuce, Carrot, Cucumber, Tomato)  **ADD** Chicken, Ham Extra $1.50 | **SUSHI $4.20**  **Available Monday & Wednesday Only**  Chicken Avocado (GF)  Chicken Teriyaki (GF)  Tuna Mayo (GF)  Avocado (GF)  **HOT FOOD**  Beef Burger (Lettuce, Tomato, Cheese, Sauce) $6.50  Chicken Burger (Lettuce, Tomato, Cheese, Mayo) $6.50  Chicken Cheese Mayo Burger $5.50  Cheeseburger (Tomato Sauce) $5.50  Spaghetti Bolognese (with cheese) Small $6.00  Large $7.00  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) $4.20  Add Cheese $0.50  Mini Hotdog (with or without sauce BBQ or Tomato) $2.70  Add Cheese $0.50  Wedges (Sour Cream & Sweet Chilli) $4.80  Hash Brown $1.00  Chicken Nuggets (5) $3.50  **GLUTEN FREE OPTIONS**  Chicken Nuggets (5) $4.00  **Extra:** Tomato or BBQ Sauce $0.50 | **DRINKS**  Bottled Water 600ml $2.50  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 $1.60  Up & Go (Choc or Vanilla) $3.00  Juice Popper 250ml ( Apple B/C) $2.50  Fruit Juice Slushy Small **JUNIOR ONLY** $2.20  Fruit Juice Slushy Large **JUNIOR ONLY** $2.70  Sparkling Fruit Juice 250ml $2.80  (Raspberry, Grape, Watermelon, blue lemonade)  Focus Water 350ml (Fruit Tingle) $2.50  Juice Bomb 100% Sparkling Juice Apple Coola $2.50  **SNACKS**  Veggie Sticks (Carrot, Cucumber, Aioli) $2.00  Cheese & Crackers $2.50  Dried Apricots Pack (8) $1.00  Custard Cup Large $3.20  Jelly Custard Cup Large $3.20  Jelly Custard Cup Small $2.20  Chocolate Mousse Large $3.20  Chocolate Mousse Small $2.20  Fruit Salad Cup $3.20  Watermelon/Rockmelon Cup $3.20  Apple Slinky $2.00  Banana Bread Homemade $2.80  Muffin Homemade (Chocolate, Apple or B/berry) $2.80  Choc Chip Cookie $2.00  Popcorn (GF) $1.00  Snaps Veggie Chips (GF) (Salsa) $2.20  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 $2.50  Fruit Smoothie (Dairy Free) Large $3.50  Paddle Pop (Rainbow, Chocolate) $2.50  Paddle Pop Lemonade Twist $2.00  Calippo (Pine Raspberry) $2.00  Frozen Yogurt (Wild Berry) $3.50  Icy Fruit Stick $0.60  Apple Blackcurrant Juice Cup $1.00 |