

SANDWICHES

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| Vegemite | \$2.00 |
| Vegemite and Cheese | \$2.50 |
| Egg | \$2.50 |
| Egg and Lettuce | \$3.00 |
| Seasoned Chicken Cheese Mayo | \$3.00 |
| Ham Cheese | \$3.00 |
| Ham Cheese Tomato | \$3.50 |
| Seasoned Chicken Lettuce Cheese | \$3.50 |
| Salad | \$4.50 |
| Cheese and Salad | \$5.00 |
| Tuna and Salad | \$5.00 |
| Fresh Chicken and Salad | \$5.50 |
| Ham and Salad | \$5.50 |
| BLATCH Turkish | \$6.00 |
| (Bacon, lettuce, avocado, tomato, cheese & mayo) | |

WRAPS

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| Gourmet Fresh Lamb Rissoles | \$6.00 |
| Sweet Chilli Chicken Strip (with cheese) | \$6.00 |
| Gourmet Fresh Chicken (with cheese) | \$6.00 |
| Gourmet Fresh Ham Wrap (cheese, egg, tomato, Ham, sweet potato, baby spinach, relish, onion) | \$6.00 |
| Gourmet Fresh Salad Wrap (with lettuce, carrot, cucumber, tomato, baby spinach, red onion) | \$5.00 |
| Chicken Caesar Wrap | \$6.00 |
| Jnr Sweet Chilli Strip Wrap (lettuce, cheese, mayo & BBQ sauce) | \$3.50 |

SALADS

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| Chicken Caesar (Chicken Breast, Bacon, Egg, Lettuce, Parmesan Cheese, & Croutons) | \$6.50 |
| Roasted pumpkin, Feta & Quinoa * (Fancy lettuce Red Onion, Tomatoes, Cucumber) | \$6.50 |
| Homemade Mini Lamb Rissoles (3) (with Garlic Aioli) | \$6.50 |
| Ham or Chicken Salad * | \$6.50 |
| Tuna Salad * | \$5.50 |
| Salad Box * (lettuce, baby spinach, carrot, cucumber, tomato, Purple onion) | \$5.00 |
| Add on a Small Salad bowl | \$2.50 |

SUSHI

Available Monday & Wednesday Only

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|--------------------------|--------|
| Chicken and Avocado (GF) | \$3.00 |
| Chicken Teriyaki (GF) | \$3.00 |
| Tuna Mayo (GF) | \$3.00 |
| Salmon & Avocado (GF) | \$3.00 |

HOT FOOD

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|---|--------|
| Toasted English Muffin (Ham, egg, cheese & BBQ sauce) | \$3.00 |
| Toasted Breaky Turkish (Bacon, egg, cheese & BBQ sauce) | \$3.50 |
| Cheese & Bacon or Vegemite Scroll | \$2.00 |
| Beef Burger sauce (lettuce, tomato, cheese & tomato) | \$5.00 |
| Chicken Burger (lettuce, tomato, cheese & mayo) | \$5.00 |
| Cheese burger with tomato sauce | \$3.50 |
| Spaghetti Bolognese with cheese Small | \$3.50 |
| Spaghetti Bolognese with cheese Large | \$5.00 |
| Corn on the Cob | \$1.00 |
| Sauce squeeze tomato or BBQ | \$0.30 |
| Sausage Roll | \$3.00 |
| Meat Pie Snack size | \$2.50 |
| Meat Pie Large | \$4.00 |
| Lasagne | \$4.00 |
| Hot Dog (with our without sauce) | \$3.00 |
| Hot Dog with cheese (with our without sauce) | \$3.50 |
| Oven Baked Wedges (with low fat sour cream & sweet chilli sauce) | \$3.50 |
| Garlic Bread | \$1.50 |
| Puppy Dog | \$1.50 |
| Hash Brown | \$1.00 |
| Chicken Nuggets (5) (oven baked) | \$2.50 |
| Gluten Free Nuggets (oven baked) | \$3.00 |
| Gluten Free Beef Pie | \$4.50 |
| Gluten Free Vegetable Lasagne | \$4.50 |

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| Friday only : Butter Chicken & Boiled Rice | |
| | Small \$4.00 |
| | Large \$5.50 |

SNACKS

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| Greek Yoghurt with Raspberries | \$4.00 |
| Greek Yoghurt with Muesli | \$3.50 |
| Veggie Sticks (carrot, cucumber, crackers, Aioli) | \$2.00 |
| Yoghurt Cup | \$2.00 |
| Custard Cup | \$2.00 |
| Custard Cup Small | \$1.00 |
| Apple Slinky | \$1.50 |
| Displayed Seasonal Fruit Each | \$1.00 |
| Fruit Salad Cup | \$2.00 |
| Watermelon cup | \$1.50 |
| Jelly Custard Cup Small | \$1.00 |
| Jelly Custard Cup | \$2.00 |
| Dried Apricot Pack (8) | \$1.00 |
| Cheese with Crackers | \$1.50 |
| Chocolate Mousse Small | \$1.00 |
| Chocolate Mousse Large | \$2.00 |
| Homemade Muffins | \$2.00 |
| Homemade Anzac slice | \$2.00 |
| Popcorn | \$1.00 |
| Pretzels | \$1.00 |
| Jumpy's Chicken, Plain, Salt & Vinegar | \$1.00 |
| Veggie Chips (Salsa) | \$1.50 |
| Grain Waves (Sour cream & chives) | \$1.50 |
| Red Rock Chips (Honey Soy, Sea Salt) | \$1.50 |
| Homemade Bliss Balls | \$2.00 |

FROZEN TREATS

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| Pineapple Hula Hoop | \$0.50 |
| Frozen Fruit Smoothie (non Dairy) | \$2.50 |
| Icy Fruit Stick | \$0.50 |
| Fruit Cup Blackcurrant Juice | \$1.00 |
| Frozen Yoghurt Mango or Strawberry | \$2.50 |
| Paddle Pops Chocolate or Rainbow | \$1.70 |
| Calippo Pine Raspberry | \$1.20 |
| Lemonade Icy Pole | \$1.20 |
| Frozen Mini Yoghurt Ice cream | \$1.00 |

 Green: Healthy Choice

 Amber: Eat in Moderation

 Red: Eat Occasionally

* Our Canteen provides healthy Choices under the guidelines of the Smart Choice/Healthy Choice Standards of Education QLD.*

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

DRINKS

| | | |
|---|--|--------|
| Bottled Water 390ml | | \$1.00 |
| Bottled Water 600ml | | \$2.00 |
| Breaka Milk 250ml (choc, strawberry, coffee) | | \$2.00 |
| Breaka Milk 300ml (choc, strawberry, banana) | | \$2.50 |
| Breaka Milk 500ml (choc, strawberry) | | \$3.50 |
| Plain Milk 300ml | | \$1.50 |
| Up & Go (choc, vanilla) 250ml | | \$2.50 |
| Popper Juice (apple & b/c) 150ml | | \$1.50 |
| Popper Juice (apple & b/c, tropical) 250ml (apple & blackcurrant, tropical) | | \$2.00 |
| Fruit Juice Slushy Jnr Only Small | | \$1.70 |
| Fruit Juice Slushy Jnr Only Large | | \$2.20 |
| Quench Cola, Blue 350 ml | | \$2.00 |
| Focus Water 350ml (lemonade, fruit tingle) | | \$2.00 |
| Sparkling Fruit Juice 250ml | | \$2.00 |

\$6.00 LUNCH PACKS

Pack 1: Mini Lamb rissoles (2), Small Salad, Small Fruit Salad & 250ml Choc Breaka.

Pack 2: Mini Ham, Corn & Cheese Frittata (3) Carrot and Cucumber sticks, Small Yoghurt & a 390ml Water.

Pack 3 : Ham and Cheese sandwich, Small Apple, 2 mini fruit muffins & 390ml Water.

Pack 4 : Small Chicken Strip Wrap (lettuce Cheese, mayo & BBQ sauce), Pretzels, Sm Custard cup & mini popper juice (150ml)

Pack 5 : Gluten Free Nuggets, Popcorn, Dried Apricots & 390ml Water.

CANTEEN INFORMATION

Please use the bag system available from your child's Classrooms.

- Please write your child's name, class and items required, plus the total amount of order on the paper bag
- Bags are available at 10 cents each
- Any change will be taped onto the bag and signed by the adult who gave the change, as will any refunds
- Junior students place their order in the box in their classroom, whereas secondary students bring the bag straight to the canteen
- **All orders are to be in by 9.15am**
- **Please supply a bag for each break if placing an order for 1st and 2nd break**
- No heating of food or hot water in the noodle cups

FLEXISCHOOLS ONLINE ORDERING

- Go to www.flexischools.com.au
 - Click 'Register now'
 - Enter your email address and follow the prompts
- You can then charge up your online account and place orders from home.**
Online orders are already paid for, so you do not need to bring money to school.
You can order in the morning or a week in advance.

\$5.50 DAILY MEAL DEALS

Monday: Chicken Wrap 7", Sml Yoghurt, 150ml Apple Blackcurrant Juice Popper

Tuesday: Sml Chicken Bacon Fried Rice, Sml Choc Mousse, 390ml water

Wednesday: Sml Pasta Carbonara, Sml fruit salad, 150ml Apple & Blackcurrant Juice popper

Thursday: Sml Spag Bolognese, Sml Jelly Custard Cup, 390ml water

Friday: Ham & Cheese Toastie, Frozen Juice Cup, 250ml choc Breaka

UPPER COOMERA STATE COLLEGE MENU

JUNIOR SCHOOL

Stage A:
First break 10.40am - 11.25am
Second break: 1.25pm - 2.00pm

Stage B:
First break: 10.40am - 11.25am
Second break: 1.25pm - 2.00pm
 (Contact Chee Hellou 5580 7501)

SECONDARY SCHOOL

Breakfast: 8.00am – 8.45am
First break: 11.10am - 11.55am
Second break: 1.00pm - 1.30pm
 (Contact Leanne Hanley 5580 7555)

School Café

Come grab a great coffee

Make sure you pick up a loyalty card when you visit for free coffee and drink specials.



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