

DAILY MEAL DEALS \$7.50

Monday: Chicken & Cheese Burger, Grain Waves, 150ml Apple Juice
Tuesday: Small Chicken Bacon Veggie Egg Fried Rice, Small Choc Mousse, 350ml Water
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, 150ml Apple Blackcurrant Juice

LUNCH PACKS \$6.50

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 \$22.00

Frozen Treat Basket Icy Fruit Stick for the class and Teacher

Cookie Delight: Mini Cookies pack for the class and Teacher.

Please order on a bag with Students 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.

Paper Bag: Orders can be placed in the in the mailbox hole on the canteen door. Clearly write your name, class and order on paper bag with payment and place in the canteen mailbox. Please use a separate bag for 1st break and 2nd break. Any change will be taped to the bag.

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



Canteen Menu

Junior School Break Times

1st Break 10.40am
2nd Break 1.20pm

Senior School Break Times

1st Break 11.10am
2nd Break 1.00pm

www.uppercoomerasc.eq.edu.au

SANDWICHES

Vegemite	\$2.00
Egg	\$3.00
Egg & Lettuce	
\$3.50 Seasoned Chicken Cheese Mayo	\$4.50
Seasoned Chicken Cheese Lettuce Mayo	\$5.00
Ham Cheese	\$3.50
Ham Cheese Tomato	\$4.00
Cheese Salad	\$5.00
Fresh Chicken Salad	\$6.00
Ham Salad	\$5.50

WRAPS

Sweet Chilli Chicken Salad (Cheese, Mayo)	\$6.50
Gourmet Fresh Chicken Salad (Cheese, Mayo)	\$6.50
Chicken Caesar Wrap	\$7.00
Junior Chicken Strip Wrap (Lettuce, Cheese, Mayo, BBQ Sauce)	\$5.00
Gourmet Ham Wrap (Cheese, Egg, Tomato, Sweet Potato, Baby Spinach, Relish, Onion)	\$7.50

SALADS

Chicken Caesar (Bacon, Egg, Lettuce, Parmesan Cheese, Croutons)	\$7.00
Ploughman's Lunch (Chicken Strip, Ham, Salami, Veggie Sticks, Cheese, Crackers, Avocado Dip)	\$7.00
Salad Box (Lettuce, Baby Spinach, Carrot, Cucumber, Tomato)	\$5.50
ADD Chicken, Ham Extra	\$1.50

SNACK PACKS

Custard cup & Fruit Salad Pack	\$4.50
Custard cup & 300ml Milk Pack (Chocolate, Strawberry)	\$5.00

SUSHI \$4.00

Available Monday & Wednesday Only

Chicken Avocado (GF)	
Chicken Teriyaki (GF)	
Tuna Mayo (GF)	
Avocado (GF)	

HOT FOOD

Cheese Bacon or Vegemite Scroll	\$2.50
Beef Burger (Lettuce, Tomato, Cheese, Sauce)	\$5.50
Chicken Burger (Lettuce, Tomato, Cheese, Mayo)	\$6.00
Chicken Cheese Mayo Burger	\$5.00
Cheeseburger (Tomato Sauce)	\$4.50
Spaghetti Bolognese (with cheese) Small	\$5.50
Large	\$6.50
Garlic Bread	\$2.00
Corn on the Cob	\$1.00
Sausage Roll	\$3.50
Meat Pie Snack size	\$2.50
Meat Pie Large	\$4.50
Hotdog (with or without sauce BBQ or Tomato)	\$4.00
Add Cheese	\$0.50
Mini Hotdog (with or without sauce BBQ or Tomato)	\$2.50
Add Cheese	\$0.50
Wedges (Sour Cream & Sweet Chilli)	\$4.00
Hash Brown	\$1.00
Chicken Nuggets (5)	\$3.00
GLUTEN FREE OPTIONS	
Chicken Nuggets (5)	\$3.50

Extra: Tomato or BBQ Sauce \$0.40

DRINKS

Bottled Water 600ml	\$2.00
Breaka Milk 250ml (Choc, Strawberry,)	\$2.50
Breaka Milk 300ml (Choc, Strawberry)	\$3.00
Breaka Milk 500ml (Choc or Strawberry)	\$4.50
Fresh Plain Milk 300ml	\$1.50
Up & Go (Choc or Vanilla)	\$2.50
Juice Popper 250ml (Tropical, Apple B/C)	\$2.00
Juice Popper 150ml (Tropical, Apple)	\$1.50
Fruit Juice Slushy JUNIOR ONLY	\$2.20
Sparkling Fruit Juice 250ml (Raspberry, Grape, Watermelon, blue lemonade)	\$2.70
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	\$2.00
Dried Apricots Pack (8)	\$1.00
Custard Cup Large	\$2.50
Custard Cup Small	\$2.00
Jelly Custard Cup Large	\$2.50
Jelly Custard Cup Small	\$2.00
Chocolate Mousse Large	\$2.50
Chocolate Mousse Small	\$2.00
Fruit Salad Cup Small	\$2.50
Watermelon/Rockmelon Cup Small	\$2.50
Apple Slinky	\$2.00
Banana Bread Homemade	\$2.50
Muffin Homemade (Chocolate, Apple or B/berry)	\$2.50
Popcorn (GF)	\$1.00
Veggie Chips (GF) (Salsa)	\$2.00
Pretzels	\$1.20
Grain Waves (Sour Cream & Chives)	\$1.50
Red Rock Chips (Honey Soy, Sea Salt)	\$1.50
Jumpy's (Chicken, Salt & Vinegar)	\$1.20

FROZEN TREATS

Pineapple Hoop	\$0.50
Fruit Smoothie (Dairy Free) Small	\$2.00
Fruit Smoothie (Dairy Free) Large	\$3.00
Paddle Pop (Rainbow, Chocolate)	\$2.50
Paddle Pop Lemonade Twist	\$2.00
Calippo (Pine Raspberry)	\$2.00
Frozen Yogurt (Choc/Vanilla or Wild Berry)	\$3.00
Icy Fruit Stick	\$0.60
Apple Blackcurrant Juice Cup	\$1.00