

AVOCA BEACH PUBLIC SCHOOL 2015/2016 SUMMER LUNCH MENU

HOT FOOD MONDAY - FRIDAY

Cheese & bacon roll.....	\$3.00
Chicken Noodle cup.....	\$3.00
Hash Brown.....	\$1.20
Corn on the cob.....	\$1.20
Lasagne.....	\$4.00
Macaroni Cheese.....	\$4.00
Meat Pie SMALL (lean).....	\$2.50
Meat pie LARGE (lean).....	\$3.50
Potato top meat pie LARGE (lean).....	\$3.50
Sausage roll (lean).....	\$2.50
BBQ & TOMATO SAUCE.....	\$0.30
Hot Dog with sauce.....	\$3.00
Hot dog cheese & sauce.....	\$3.50

WRAPS

Chicken, lettuce, cheese & mayo.....	\$4.00
Chicken full salad, cheese & mayo.....	\$5.00
Fish crumbed lettuce & mayo.....	\$4.00
Fish crumbed full salad.....	\$5.00
Hawaiin, ham cheese & pineapple.....	\$5.00

MONDAY –THURSDAY ONLY

Chicken nuggets	\$0.60
Chicken Tenders	\$1.70

SANDWICHES

Vegemite.....	\$2.00	Cheese.....	\$2.50
Chicken.....	\$3.50	Ham.....	\$3.50
Egg.....	\$2.50	Tuna.....	\$3.00
Ham & cheese.....	\$4.00		
Ham, cheese & tomato.....	\$4.50		
Cheese & tomato.....	\$3.00		
Chicken & avocado.....	\$4.00		
Salad.....	\$3.00		
Cheese or Egg with full salad.....	\$4.00		
Chicken or Ham with full salad.....	\$5.00		

Rolls or Wraps add an extra 50c

BURGERS

Chicken pattie, lettuce & mayo.....	\$4.00
Chicken pattie, full salad & mayo.....	\$4.00
Fish crumbed, lettuce & mayo.....	\$4.00
Fish crumbed, full salad & mayo.....	\$5.00
Vege burger, lettuce & sweet chili.....	\$4.00
Vege burger, full salad, sweet chili....	\$5.00

SALADS MONDAY – FRIDAY

Salad box (fresh garden salad)	\$4.00
Salad box with ham or chicken	\$5.50

DAILY LUNCH SPECIAL

TUESDAY

Caesar wrap.....	\$4.00
Chicken tender, lean bacon, cheese, lettuce dressing	

WEDNESDAY

Nachos, salsa & cheese.....	\$4.00
Nachos bolognaise sauce & cheese.....	\$4.00

THURSDAY

5 x chicken nuggets & corn cob	
5 x chicken nuggets & mini salad	
5 x chicken nuggets & snack cup.....	\$4.00

FRIDAY SUSHI

CHOICES – vegetarian, Baby tuna pack, Teriyaki chicken with avocado, Teriyaki chicken no avocado, Tuna & avocado.....	\$3.50
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Sushi orders must be placed by Thursday

FOR YOUR CONVENIENCE ORDERS CAN BE MADE
ONLINE WWW.FLEXISCHOOLS.COM.AU

AVOCA BEACH PUBLIC SCHOOL 2015/2016 TREATS, DRINKS & SNACKS CANTEEN MENU

DAILY SNACKS RECESS & LUNCH

Vanilla yoghurt tub (low fat).....	\$1.50
Custard Cups (low fat).....	\$1.50
Chocolate mousse (low fat).....	\$1.50
Iced Finger bun ¼	\$0.50
Iced Finger bun ½.....	\$1.00
Muffin – apple/cinnamon (low fat).....	\$1.50
Muffin – chocolate (low fat).....	\$1.50
Popcorn.....	\$1.00
Red rock chips - honey soy.....	\$1.40
Red rock chips - sea salt.....	\$1.40
Tiny teddy biscuits.....	\$0.70

FRUIT & VEGE SNACKS RECESS & LUNCH

Snack cup, vege sticks & cheese.....	\$1.50
Fruit kebab.....	\$1.00
Fruit cup.....	\$2.00
Fruit Salad tub.....	\$3.00
Apple.....	\$1.00
Slinky apple.....	\$1.00
Orange cut ¼'s.....	\$1.00
Watermelon pieces.....	\$1.00

FROZEN TREATS

Mini mushrooms.....	\$0.20
(frozen flavoured milk or juice)	
Icy bite.....	\$0.50
Yogo ice.....	\$0.60
Juicy cup (blackcurrant).....	\$1.00
Smooze (mango).....	\$1.00
Lemonade iceblock.....	\$1.00
Callipo Raspberry.....	\$1.00
Paddle pop Rainbow.....	\$1.50
Paddle pop chocolate.....	\$1.50
Slushi.....	\$2.00

RECESS SNACKS MADE TO ORDER ONLY

Cheesy melt.....	\$1.50
Fresh Made Mini pizza.....	\$2.00
Ham, pineapple, tomato paste, cheese	
Chicken BBQ sauce & cheese	
Chicken, avocado & cheese	

DRINKS

Bottled water 350ml.....	\$1.00
Bottled water 600ml.....	\$1.50
Warm milo.....	\$1.50
Plain milk.....	\$1.50
Flavoured milk.....	\$2.00
Chocolate, strawberry, banana, vanilla malt Juice.....	\$2.00
Apple, passio, blackcrrant	
Quench.....	\$2.30
Lime, Raspberry, orange	

The school canteen is a very important service for children and parents at Avoca beach public school and with the help of volunteers it ensures the smooth successful day to day running, so don't be shy- all parents, carers & Grandparents are welcome!

ORDERS NEED TO BE PLACED ONLINE BY 9.00AM AT WWW.FLEXISCHOOLS.COM.AU
OR OVER THE CANTEEN COUNTER ON A PAPER BAG BY 9.20AM, PAPER BAG \$0.20