

# 2021 Fed Well Catering Canteen Menu

## **HOT FOOD - Healthier Choice**

Meatball Cheesy Sub.....	\$5.50
Chicken Schnitzel in Turkish Roll.....	\$7.00
with lettuce,tomato, cheese & Mayo)	
Nachos (Beef & Vegetarian).....	\$5.50
Various Nacho options available online	
Baked Potato (Beef & Vegetarian).....	\$5.50
Various Nacho options available online	
Beef Lasagne - Homemade.....	\$6.00
Spaghetti Bolognaise - Homemade.....	\$5.00
Napolitana Pasta - Vegetarian Homemade	\$5.00
Creamy Chicken Pasta - Homemade.....	\$5.00
Butter Chicken & Rice - Homemade.....	\$5.00
Mac & Cheese - Homemade.....	\$5.00
Spaghetti & Meatballs - Homemade.....	\$5.00

## **Burgers**

Chicken Burger.....	\$6.00
Fish Burger.....	\$6.00
Vegie Burger.....	\$6.00
Beef & Cheese Burger.....	\$6.00
Beef & Salad Burger.....	\$6.00

## **HOT FOOD - Occasional**

Sausage Roll.....	\$4.00
Pizza Rounder.....	\$4.00
Chicken Nuggets.....	\$4.00
Meat Pie.....	\$4.00
Potato Top Pie.....	\$4.50
Cheese & Spinach Roll.....	\$4.50
Vegetarian Lasagne.....	\$5.00
Spring Rolls (5) Vegetarian.....	\$4.00
Wedges (with light yoghurt & sweet chilli).....	\$4.50
Pizza - Ham & Pineapple.....	\$4.00
Pizza - Cheese & Bacon.....	\$4.00

## **DRINKS**

Water.....	\$2.50
Up & Go.....	\$3.00
Choc, Straw, Vanilla, Caramel, Banana	
Flavoured Milks 300mls.....	\$3.00
Choc, Straw, Vanilla	
Fruit Box.....	\$2.00
Orange, Apple, Apple Blackcurrant	
Juices (various flavours).....	\$4.00

## **SALADS, WRAPS & SANDWICHES**

Garden Salad - small.....	\$4.00
Garden Salad - large.....	\$5.00
Chicken Caesar Salad - small.....	\$4.50
Chicken Caesar Salad - large.....	\$6.00
Chicken Caesar wrap.....	\$6.00
Salad Wrap.....	\$5.00
Salad sandwich.....	\$4.00
Chicken, mayo & Lettuce Sandwich.....	\$4.00
Egg, mayo & Lettuce Sandwich.....	\$4.00
Curried Egg & mayo sandwich	\$4.00
Vegemite & Cheese.....	\$3.50
Cheese & Tomato .....	\$4.00
Vegemite, Honey or Jam .....	\$3.50
Tuna, Cheese & Mayo.....	\$4.00

## **GLUTEN FREE**

GF Nuggets.....	\$5.00
GF Pasta Bolognaise.....	\$5.00
GF Napolitana Pasta - Vegetarian.....	\$5.00

## **SNACKS**

Garlic Bread.....	\$2.00
Cheesy Bread.....	\$2.00
Corn on the Cob.....	\$1.50
Cheese Stick.....	\$1.50
Fruit Salad - small.....	\$2.50
Fruit Salad & Custard - small.....	\$2.50
Fruit salad - large.....	\$4.50
Fresh Fruit.....	\$1.00
Apple, Orange, Banana, Pear	
3 mini pikelets.....	\$3.50
with Butter & Jam	
Carrot, Celery & Cucumber Sticks.....	\$2.00
3C's (Carrots, cheese & crackers).....	\$3.00

## **TREATS**

Muffins.....	\$1.50
Cookie.....	\$1.50
Popcorn - Homemade.....	\$1.00
Icy Pole.....	\$1.00
Frozen Fruit Cup (term 1 & 4 only).....	\$2.50
Frozen Yoghurt (term 1 & 4 only).....	\$2.80
Tomato or BBQ sauce portion.....	\$0.50

Please refer to Flexischool online ordering for indication of meal items that calssified Green or Amber

[www.flexischools.com.au](http://www.flexischools.com.au)

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