



# SNACK SHACK LUNCH MENU

All items are on offer for Pre-Order Lunches only

**ORDER ON-LINE AT**  
**[flexischools.com.au](http://flexischools.com.au)**

## SENSATIONAL FRESH SANDWICHES AND ROLLS

*White Hi-Fibre Bread or Wholemeal Bread, White Rolls*

	Sandwich	Roll
Salad	\$ 3.20	\$ 3.60
Chicken	\$ 3.60	\$ 4.00
Chicken & Avocado	\$ 4.10	\$ 4.50
Chicken & Salad	\$ 4.20	\$ 4.60
Ham	\$ 3.60	\$ 4.00
Ham & Salad	\$ 4.00	\$ 4.40
Ham & Cheese	\$ 4.00	\$ 4.40
Ham, Cheese & Tomato	\$ 4.00	\$ 4.40
Tuna	\$ 3.50	\$ 3.90
Tuna & Salad	\$ 4.00	\$ 4.40
Egg	\$ 3.00	\$ 3.40
Egg & Salad	\$ 3.50	\$ 3.90
Cheese	\$ 3.00	\$ 3.40
Cheese & Tomato	\$ 3.50	\$ 3.90
Cheese & Salad	\$ 3.50	\$ 3.90

*Mayonnaise - No Charge*

*Salad - consists of Lettuce, Tomato, Cucumber & Grated Carrot*



## RIPPER WRAPS

**\$4.00**

Chicken Wrap	Chicken, Lettuce, Tomato, Cucumber, Grated Carrot, Tasty Cheese, Mayo
Tasty Cheese Wrap	Tasty Cheese, Lettuce, Tomato, Cucumber, Grated Carrot, Mayo
Ham Wrap	Ham, Lettuce, Tomato, Cucumber, Grated Carrot, Tasty Cheese, Mayo
Tuna Wrap	Tuna, Lettuce, Tomato, Cucumber, Grated Carrot, Tasty Cheese, Mayo
Tzatziki Wrap	Tzatziki, Lettuce, Tomato, Cucumber

## SALAD TUBS

**\$4.50**

Chicken & Salad	Chicken, Lettuce, Tomato, Cucumber, Grated Carrot, Tasty Cheese
Cheese & Salad	Tasty Cheese, Lettuce, Tomato, Cucumber, Grated Carrot
Tuna & Salad	Tuna, Lettuce, Tomato, Cucumber, Grated Carrot
Greek Salad	Lettuce, Tomato, Cucumber, Feta Cheese, White Balsamic Dressing

*Mayo or White Balsamic Dressing Available on Salad Tubs*

## TASTY TOASTIES

*White Hi-Fibre Bread or Wholemeal Bread Toasted*

Cheese Toastie	\$ 3.50
Cheese & Tomato Toastie	\$ 3.60
Ham & Cheese Toastie	\$ 4.00
Ham, Cheese & Tomato Toastie	\$ 4.20
Ham, Cheese & Pineapple Toastie	\$ 4.50
Chicken Toastie	\$ 4.20
Chicken & Avocado Toastie	\$ 4.50
Chicken, Cheese & Pineapple Toastie	\$ 4.50

## HOT STUFF

Marinated Chicken Drumettes/Wingettes	3 Pack	\$	3.00	<i>MONDAYS ONLY</i>
Marinated Chicken Drumettes/Wingettes	6 Pack	\$	5.00	
Hot Chicken Roll - Charcoal Chicken in a White Roll, Heated		\$	4.50	
Pasta with Homemade Tomato Sauce & Cheese		\$	4.50	
Pasta with Homemade Tomato Sauce		\$	3.80	
Pasta with Cheese		\$	4.00	
Plain Pasta		\$	3.50	
Pasta with Basil Pesto (Nut Free)		\$	4.50	<i>MONDAYS &amp; WEDNESDAYS</i>
Pasta with Basil Pesto and Chicken		\$	5.00	
Pasta with Homemade Tomato Sauce & Tuna		\$	4.05	<i>MONDAYS &amp; WEDNESDAYS</i>
Pasta with Homemade Tomato Sauce, Tuna & Cheese		\$	4.80	

## SUSHI ROLLS

‡ **2.90**

*WEDNESDAYS ONLY*

Cooked Tuna	Cooked Tuna, Cucumber, Lettuce, Mayo	
Teryaki Chicken	Teryaki Chicken, Cucumber, Lettuce, Mayo	
Vegetarian	Cucumber, Carrot, Avocado, Egg, Lettuce, Mayo	* GF Options available

## YUMMY SMOOTHIES

‡ **3.50**

Very Berry Bang	Frozen Berries, Fruit Juice, Evia Yoghurt
Mango Tango	Frozen Mango, Fruit Juice, Evia Yoghurt

## SNACK SHACK FRESH & TASTY TREATS MENU

In addition to our Pre-Order Lunch Menu, the following Tasty Treats are available to order with your lunch or to Purchase at the Counder at Recess and Lunch time.

### FRESH FAVOURITES

Evia Yoghurt with optional Raspberry or Mango Coulis	\$	2.00
Fresh Fruit Salad Tub - Small (Seasonal Fruit selection)	\$	1.20
Fresh Fruit Salad Tub - Large (Seasonal Fruit Selection)	\$	2.50
Tzatziki Tub with Crackers or Carrot/Celery Sticks	\$	1.30
Cheese Slices with Crackers	\$	1.30
Carrot & Celery Sticks	\$	0.70
Boiled egg	\$	0.70
Cheese Slices	\$	0.70

### FROZEN FROSTIES

Evia Yoghurt with optional Raspberry or Mango Coulis	\$	2.00
Fruit Tubes - 100% Juice Frozen in Icy Pole	\$	1.00
Frozen Pineapple Rings	\$	0.60

### TASTY TREATS

Anzac Biscuit (Homemade)	\$	0.70
Choc Chip Muffin	\$	1.50
Rice Crackers	\$	0.70
Garlic & Herb Fingers (Single)	\$	0.15
Garlic & Herb Fingers (Pack of 5)	\$	0.70

### THIRST QUENCHERS

100% Fruit Juice - 250ml - Apple, Orange or Tropical	\$	1.90
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