

Flinders Park Primary School Canteen Summer Menu – Term 4 2018 and Term 1 2019

Monday to Friday - Recess Only

Muffin pizza (ham, chicken or cheese) \$1.00

Monday to Friday – Recess and Lunch

Sml Salad Snack (cucumber, carrot & cheese) \$2.00
 Seasonal Fruit Salad and custard \$2.50
 Seasonal Fruit cups \$2.00
 Piece of Fruit \$1.00
 Cheese & Crackers \$2.00
 Low Fat Mousse small 50c
 Large \$1.00
 Muffins, Banana cake \$1.00
 Popcorn (organic and gluten free) \$1.50
 Red Rock chips (Sea Salt and Honey Soy) \$1.50

Monday to Friday – Lunch Only

SANDWICHES, BAGUETTES & WRAPS

Made fresh to order, white or wholemeal

Salad (lettuce, carrot, cucumber, tomato) \$4.50
 Add Ham/Chicken/Egg OR Tuna \$5.50

Wrap extra 50c
Baguette extra \$1.00

TOASTED SANDWICHES / BAGUETTE ROLL

Ham and cheese sandwich \$4.50 / Roll \$5.00
 Chicken and cheese sandwich \$4.50 / Roll \$5.00

TOASTED WRAPS

Ham, cheese \$5.00
 Chicken and cheese \$5.50

SALAD TUBS

Plain (lettuce, grated carrot, cucumber, tomato & capsicum) \$5.00
 Add Ham, Chicken, Egg, Mini Quiches or Tuna \$6.00
 Add Chicken Schnitzel or Chicken Chilli Tenders (x2) \$6.50

Monday to Friday – Lunch Only

HOT FOOD

Nachos (corn chips, tom salsa and cheese) \$4.50
 Add sour cream 50c
 Chicken Quesadilla \$4.00
 (tortilla, tomato salsa, chicken & cheese)
 Beef pie (Mrs Mac) \$3.80
 Sausage Roll (Mrs Mac) \$3.80
 Pasty (vegetarian) \$3.80
 Fried Rice \$4.50

BURGERS / WRAPS

Cheese Burger (meat/cheese & sauce) \$5.00
 Chicken Burger (lettuce and mayo) \$5.00
 Sweet Chilli Chicken Tender Wrap / Burger (with lettuce and mayonnaise) \$5.00
Add cheese, tomato, lettuce, cucumber, carrot, pineapple 50c per item

Sauces / Dressings

Tomato/BBQ sauce (squeeze on) 30c ea
 Sour cream or Sweet Chilli sauce 50c ea
 Mayonnaise 50c ea
 Caesar, French or Italian dressing 50c ea

Drinks

Water Large \$2.00
 Up & Go (Chocolate / vanilla / banana / strawberry) \$2.50
 Big M (Chocolate / strawberry) \$2.50
 Cold/Hot Milo \$2.00
 Popper Juice Orange /apple /apple & blackcurrant \$2.00

Daily Lunch Specials

Tuesday-Friday

Tuesday

Chicken Goujons (Maximum 8) 40c ea
 Chicken Nuggets (Maximum 6) 60c ea
Add a small salad to above + \$2.00

Wednesday

Ham

Half (50c extra for pineapple) \$1.50
 Full (\$1 extra for pineapple) \$3.00

Chicken

Half (50c extra for pineapple) \$2.00
 Full (\$1 extra for pineapple) \$3.50

Cheese

Half (50c extra for pineapple) \$1.00
 Full (\$1 extra for pineapple) \$2.50

Thursday

SUSHI

Chicken \$3.50
 Tuna & Vegetarian \$3.50
 Add soy sauce 10c

COLD ROLLS

Chicken \$3.50
 Vegetarian \$3.50
 Add Sweet Chilli or Hoisin Sauce 50c

Friday

Hot Dog (with sauce) \$3.00
 Hot Dog (with sauce and cheese) \$3.50

GREEN – CHOOSE PLENTY

AMBER – OCCASIONAL FOODS

Flinders Park Primary School

Canteen



Menu

Term 4 2018 and
Term 1 2019

RECESS AND LUNCH ORDERS

Order Online at www.quickqliq.com.au

OR

at Canteen from 8:30am

All chicken products are Halal accredited.
For information on other Halal products, please
contact the Canteen.