



Figtree Heights Public School

Canteen Menu 2020

Making healthy choices

Fresh and Free	
Assorted fresh vegetables	FREE

Snacks	
Cheese Triangles (1/2 slice)	\$0.30
Popcorn	\$1.00
Pikelets	\$0.30
Grainwaves: Sour cream & chives	\$1.50
Red Rock Deli Chips: Sea salt	\$1.50
Corn Cobette	\$0.50

Frozen Fruit	
Frozen Orange Wedges	\$0.10
Frozen Watermelon	\$0.30
Frozen Banana Choc-Pops	\$0.50

Drinks	
Bottled Water	\$0.80
Big M Flavoured Milk: Strawberry, choc	\$1.20
100% Juice: Orange, Apple, Blackcurrant	\$1.20
LOL/Juice Bomb: Flavoured mineral water: various flavours	\$2.00

Frozen Treats	
Frozen fruit cups	\$0.80
Mony (Chocolate & Sour blue raspberry)	\$1.00
Quelch fruit Stick	\$0.50
Juicie Tube	\$1.00



If you need a lunch bag just send your order in an envelope and add 30c OR **ORDER ONLINE!**

Items will be prepared as described. No changes or substitutions will be accepted. Please do not place our volunteers in a difficult position by requesting.

Remember: **Flexischool Fridays**

Online orders only on Fridays. Thanks for your cooperation.

Sandwiches/Wraps	
All sandwiches are served on wholemeal bread. Wraps(+50c) and Gluten free bread (+50c) also available.	
Vegemite	\$1.20
Cheese	\$1.30
Cheese & Vegemite	\$1.50
Cheese & tomato	\$1.50
Cheese & salad	\$2.00
Ham	\$2.00
Ham and Cheese	\$2.20
Ham, cheese and Tomato	\$2.30
Ham, cheese & Salad *	\$2.50
Side Salad	\$1.50
Any sandwich or wrap toasted	FREE
* Salad consists of Lettuce, Tomato, cucumber and carrot	

Meals/Hot Food	
Spaghetti Bolognaise	\$4.00
Beef Lasagne	\$4.00
Macaroni & Cheese	\$4.00
Beef Pie	\$3.00
Sausage Roll (120g)	\$3.00
Chicken Fingers	\$3.00
Chicken Finger wrap w mayo & salad*	\$4.00
Fried Rice (V, GF)	\$4.00
Chicken Burger W lettuce and Mayo	\$4.00
Beef Burger w cheese, lettuce & tomato	\$4.00
Cheese Burger – beef, cheese & sauce	\$4.00
Baked Beans and Toast	\$3.00
Corn Cobette	\$0.50
Sauce Portion	\$0.20
* Salad consists of Lettuce, Tomato, Cucumber and Carrot	