

# Figtree Heights Public Canteen Menu 2021

*Making healthy choices*



REMEMBER: Flexischool Fridays. Online orders only on Fridays. Thanks for your cooperation.

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

DRINKS	
Bottled Water	\$0.80
Flavoured Milk: Strawberry, choc	\$2.00
Juicee Crush: Orange, Apple, Apple & Blackcurrant	\$1.20
Glee flavoured mineral water: various flavours	\$1.20

FROZEN TREATS	
Frozen fruit cup	\$0.80
Mony (Chocolate & Sour blue raspberry)	\$1.00
Quelch fruit Stick	\$0.50
Juicies Tube	\$1.00

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



All 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.

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

HOT FOOD	
Spaghetti Bolognese	\$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	