

Kantin

Make Your Own Sandwich

White / wholemeal bread	
Vegemite	\$2.50
Cheese	\$3.00
Egg	\$3.00
Ham	\$3.80
Chicken	\$3.80
Tuna	\$3.50

Extras (tomato, cheese, lettuce) \$.50

Make Your Own Roll or Wrap

White / wholemeal roll or wrap extra \$.50

Gluten free bread / roll / wrap extra \$2.00

Toasties

Choose your fillings and get your cafe made sandwich freshly toasted in the school canteen. **GF available. From \$3.20

Sushi

Choice of flavours:	\$2.50
Tuna, Teriyaki Chicken, Avocado, Smoked salmon or Egg	
Individual soy sauce	\$.15

Rice Paper Rolls Twin pack

Choice of flavours (includes soy sauce)	\$5.20
Vegetable	
Chicken, veg and sweet chilli	
Prawn, veg and sweet chilli	

Hot Pastas

Penne napoli	\$6.00
Penne bolognaise	\$6.00
Lasagne	\$6.00

Salad bowls

Lettuce, tomato, carrot & cucumber	\$3.50
Add tuna or chicken (\$0.50-1.00)	

Snacks

Anzac Cookie (low sugar & DF)	\$2.20
Blueberry muffin	\$2.70
Slice of Banana Bread (GF)	\$1.50
Bag of popcorn 20g (GF)	\$.60
Single piece of fruit	\$.50
Fresh fruit salad bowl	\$3.50
Squeezie yoghurt 70g flavours	\$1.20
Icy tube (fruit juice)	\$.70

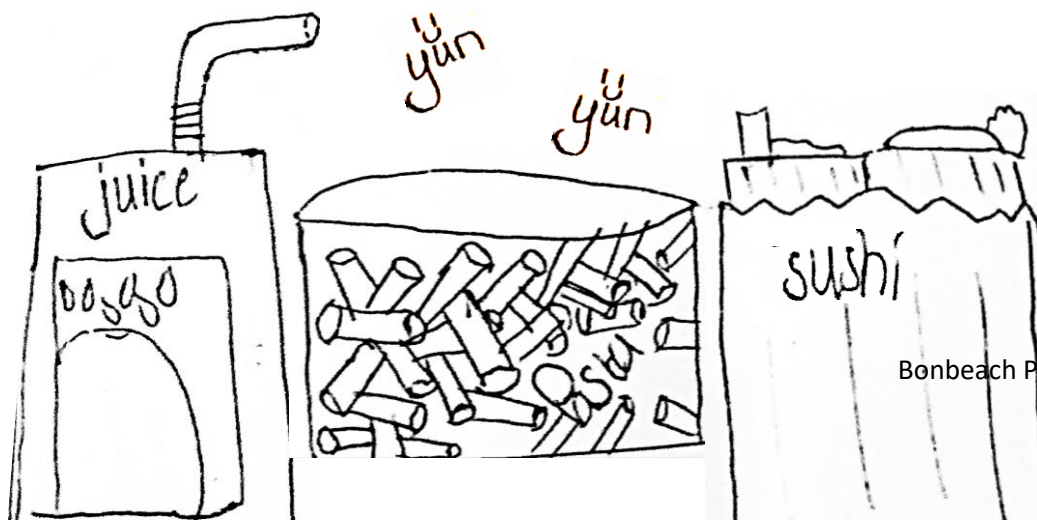
Drinks

Flavoured milk 250ml (Choc/S'berry)	\$1.30
Juice Popper (apple, apple & blackcurrant, orange)	\$1.10
Frozen apple juice slushie	\$1.50

Packaging

**Please send along your named, reusable lunch bags to reduce packaging.

Paper bag	\$.15
Bonbeach PS Lunch Cooler Bags	\$5.50



Order on flexischools.com.au by 9.00am Thursday mornings.