**BREKKIE TO GO ITEMS - $1.50 each**

Ham & Low Fat Cheese Pockets

Ham & Low Fat Cheese Muffins

Fruit – Mango/Banana Smoothie

Low Fat Yoghurt n Fresh Strawberry Cup

**SNACK ITEMS**

Vita Wheat Biscuit with Vegemite or Cheese n Vegemite 30 cents

Boiled Egg 50 cents

Pikelets 50 cents

Banana Bread $ 2.00

Popcorn $ 1.50

Seasonal Fruit (piece) $ 1.00

Corn Cobs 60 cents

Low Fat Chocolate Muffins $ 1.80

Pretzels $ 1.50

Honey Soy Chips $ 1.70

Hommus or Avocado Cups

with Carrot sticks 60 cents

Wholemeal Garlic Bread 80 cents

Low Fat Cheese Bread stick 60 cents

Cheese & Vegemite Scroll $ 3.50

Fruit Finger Bun ½ $1.20

**FROZEN ITEMS**

Frozen Chocolate Milkshake 50 cents

Weiss Bars (Strawberry or Mango) $ 2.00

Mini Pineapple Icy Cups / Pineapple rings (half) 20 cents

Large Icy Cups (Orange/ Apple Blackcurrant) $1.20

Frozen Twisted Yoghurt (Strawberry & Vanilla / Mango & Watermelon) $ 2.00

Icy Tubes (Lemonade with apple base / Tropical with apple base) $ 1.20

Vanilla Low Fat Icecream (Gluten Free) $ 1.50

Quelch Ice Block 60 cents

Frozen Juicies (Apple or Apple/Blackcurrant) 80 cents

**HOTTIES & BURGERS**

Chicken Burgers $ 4.50

1. Pan Fried Chicken Breast
2. Teriyaki

**Add extras** (Lettuce, Cheese, Tomato, Cucumber)

**Add Sauce** (Mayo, Sweet Chilli, Tomato, BBQ)

Lasagne or Spag Bol $ 4.00

Macaroni Cheese $ 4.00

Chicken Breast roll with Gravy $ 4.00

Lean Mini Pie $ 2.50

Lean Large Pie $ 3.50

Lean Sausage Roll $ 3.00

Chicken Noodle Soup $ 3.50

Frittata (egg pie with corn & chicken) $ 3.50

Chicken Nuggets (including gluten free) 70 cents each

Chicken Goujons 70 cents each

Hash Browns 70 cents each

**MELTS (served on Wholemeal Torpedo roll) $ 3.50**

Ham, Cheese & Pineapple

Ham, Cheese & Tomato

Ham & Cheese

Teriyaki Chicken, Cheese & Avocado

Tuna & Cheese

Baked Beans & Cheese

**SANDWICHES / SUBS / WRAPS $ 4.00**

**Create your own – served on Wholemeal**

Ham, Tuna, Chicken Breast, Teriyaki Chicken, EGG

**Add Salad items** – Lettuce, Beetroot, Carrot, Cucumber, Tomato, Cheese, Corn Niblets, Capsicum, Red Onion *(if only 2 choices* ***$ 3.00****)*

**Add Sauce** Mayo, Hommus, Guacamole

**SALAD BOXES $ 4.00**

Chick Pea Salad , Green Bean Salad, Broccoli Salad

Mixed Salad

**Add extras ($1.00)**  Tuna , Ham, Chicken Breast or Teriyaki Chicken

**TUESDAY SUSHI DEAL -**

**ORDER MONDAY FOR TUESDAY $ 4.00**

Tuna / Chicken & Lettuce or Chicken & Avocado

**DRINKS**

WATER (250ml) $ 1.50

WATER (600ml) $ 2.00

PLAIN MILK (Low Fat) $ 1.00

Mighty Cool Milk (250ml) Choc or Strawberry $1.80

Nippy Flavoured Milk (250ml) Choc, Strawberry $2.00

Poptop Juice (200ml) Apple, Orange, Apple & Blackcurrant $ 1.80

CHILL J – 100% sparkling – Raspberry or Grape $ 2.00

GLEE – 99% juice bubbles $ 2.00

**“ Kinteen “ MEAL DEALS**

**SPECIALS ADVERTISED ON SKOOLBAG & FLEXIMEALS FIRST TUESDAY MONTH**

**Bags 20 cents / Plastic Spoon & Fork 10 cents**

**All added sauces 60 cents**

**ONLINE ORDERING - http:/Flexischools.com**