



Healthy Kids Canteen Menu

Macquarie Primary School

Order online at www.flexischools.com.au

Term 3
2020

Sandwiches & wraps

- # Salad: \$4.50
Layers of cucumber, lettuce, tomato, grated carrot
- # Egg & Mayo: \$4.00
Egg, mayo, crunchy lettuce
- Chicken & Salad: \$5.00
Chicken, tomato, carrot, lettuce, cucumber, mayo

Gluten free available on request, extra \$1.00

Toasted sandwiches

- # Toasted cheese \$3.50
- Toasted chicken & cheese \$5.00

Salad

- # Design your own salad from \$4.50

Hot meals

- # Pasta Napolitana (with or without cheese) \$4.50
- Spaghetti bolognese (homemade) \$5.00
- Crispy chicken burger w lettuce and mayo \$5.50
- Veggie fried rice (with egg) \$5.00
- Lite'n Up Pies \$5.00
- Lite'n Up Sausage Roll \$4.50
- Chicken nuggets (6) \$5.00
- Mac and cheese (homemade) \$4.50
- Butter chicken and rice (homemade) \$5.00

Gluten free pasta available on request, extra \$1.00

Snacks

- Watermelon tub \$2.00
- Piranha Popcorn: lightly salted \$2.50
- Banana bread \$1.70
- Fruit jelly cup \$1.50
- Homemade garlic bread \$1.50
- Homemade mini muffins \$2.00
- Corn on the cob \$1.50

Drinks

- Juice (orange, apple, apple/blackcurrant) \$2.00
- M2Go flavoured milk (choc, strawberry): 250ml \$3.00
- Plain milk: 300ml \$2.00

Frozen

- Frozen juice cup \$2.00
- Twisted frozen yoghurt \$2.80

= Halal