



Healthy Kids Canteen Menu

Macquarie Primary School

Order online at www.flexischools.com.au

Term 1
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

Toasted sandwiches

† Toasted cheese	\$3.50
Toasted chicken & cheese	\$5.00

Salad

† Design your own salad	from \$4.50
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Hot meals

† Pasta Napolitana (with or without cheese. Gluten free available)	\$4.50
Beef lasagne	\$5.00
Crispy chicken or falafel sub with lettuce and mayo	\$4.50
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	\$4.50

Snacks

Fruit salad tub	\$2.00
Koala Popcorn: lightly salted	\$2.50
Banana bread	\$1.70
Fruit jelly cup	\$1.50
Fruit / jelly with custard	\$1.50
Homemade garlic bread	\$1.50
Homemade mini muffins	\$2.00
Fluffy chocolate mousse	\$2.20

Drinks

Water: 600ml	\$2.00
Juice (orange, apple, apple/blackcurrant)	\$2.00
Moove flavoured milk (choc, strawberry): 250ml	\$3.00
Plain milk	\$2.00

Frozen

Frozen juice cup	\$2.00
Twisted frozen yoghurt	\$2.50

† = Halal