



# Healthy Kids Canteen Menu

## Macquarie Primary School

Order online at [www.flexischools.com.au](http://www.flexischools.com.au)

Term 1  
2021

### Sandwiches & wraps

Salad: **H** \$4.50  
Layers of cucumber, lettuce, tomato, grated carrot

Egg & Mayo: **H** \$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 **H** \$3.50

Toasted chicken & cheese \$5.00

### Salad

Design your own salad **H** from \$4.50

### Hot meals

Crispy chicken burger \$5.50

Pasta Napolitana (with or without cheese) **H** \$5.00

Spaghetti bolognese (homemade) \$5.50

Lasagna: beef \$5.50

Lasagna: veggie \$5.50

Chow Mein style chicken & rice \$5.30

Lite'n Up Pies \$5.00

Lite'n Up Sausage Roll \$4.50

*Gluten free pasta available on request, extra \$1.00*

### Snacks

Watermelon tub \$2.00

Piranha Popcorn: lightly salted \$2.50

Banana bread \$1.80

Jelly (made with 100% fruit juice) \$1.50

Homemade garlic bread \$1.50

Homemade mini muffins \$2.00

### 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

**H** = Halal