



Healthy Kids Canteen Menu

Cammeray Public School

2022

Order online at flexischools.com.au

Sandwiches / wraps / rolls

All served on wholemeal bread unless otherwise requested.

| | |
|---|--------|
| ☺ Happy Little Vegemite (with margarine) V | \$2.50 |
| ☺ Cheese V | \$3.00 |
| ☺ Cheese & tomato V | \$3.50 |
| ☺ Ham | \$3.50 |
| ☺ Ham & cheese | \$4.50 |
| ☺ Ham, cheese & tomato | \$4.70 |
| ☺ Ham & salad | \$4.70 |
| ☺ Ham, lettuce & mayo | \$4.20 |
| ☺ Chicken & cheese | \$4.20 |
| ☺ Chicken & salad | \$4.70 |
| ☺ Chicken, lettuce & mayo | \$4.50 |
| ☺ Tuna & cheese | \$4.50 |
| ☺ Tuna, lettuce & mayo | \$4.20 |
| ☺ Rainbow: Lettuce, carrot, tomato, cucumber, beetroot V | \$4.30 |
| ☺ Salad & cheese V | \$4.20 |
| ☺ Egg & cheese V | \$4.50 |
| ☺ Egg, lettuce & mayo V | \$4.20 |

Toasted sandwiches (in press)

All served on wholemeal bread unless white bread is requested.

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|---|--------|
| ☺ Happy Little Vegemite (with margarine) V | \$3.00 |
| ☺ Cheese V | \$3.50 |
| ☺ Cheese & tomato V | \$4.00 |
| ☺ Ham & cheese | \$4.80 |
| ☺ Chicken & cheese | \$4.80 |
| ☺ Tuna & cheese | \$4.70 |
| ☺ Egg & cheese V | \$4.50 |
| ☺ Ham | \$4.00 |
| ☺ Ham, cheese & tomato | \$5.00 |

Change up your sandwich:

| | |
|--|--------|
| Add: ham, chicken, tuna | \$1.50 |
| Add: Lettuce, carrot, cucumber, tomato, beetroot | \$1.00 |
| Add: Egg, cheese | \$0.60 |
| Change to: wrap / roll | \$0.50 |
| Change to: gluten-free bread GF | \$0.80 |

Fresh salads

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|--|--------|
| ☺ Superhero salad: Lettuce, carrot, tomato, cucumber, corn, cheese V GF | \$5.00 |
| ☺ Caesar salad | \$5.00 |
| ☺ Seasonal fruit salad V GF | \$3.80 |

Change up your salad:

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|-------------------------|--------|
| Add: chicken, tuna, ham | \$1.50 |
| Add: egg, cheese | \$1.00 |

Hot meals - canteen made

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|---|--------|
| ☺ Pasta Bolognese: beef | \$5.80 |
| ☺ Pasta Napolitana: vegetarian V | \$5.00 |
| ☺ Lasagna: beef | \$5.70 |
| ☺ Lasagna: veggie | \$5.70 |
| ☺ Tandoori chicken & rice | \$5.80 |
| Fried rice: veggie | \$5.00 |
| Sausage roll - Lite Four'N Twenty | \$4.80 |
| Cheese & ricotta roll | \$5.00 |

Snacks

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|---|--------|
| ☺ Piece of seasonal fruit V GF | \$1.50 |
| ☺ Poppin' corn V GF | \$1.00 |
| ☺ Jelly (made with 100% juice) | \$1.50 |
| Fluffy chocolate mousse V GF | \$2.00 |
| Red Rock Deli chips | \$1.50 |
| ☺ Cheesy garlic sub | \$2.50 |
| ☺ Veggie sticks with hommus | \$2.50 |
| Chicken breast goujons (3 per serve. ONLINE ONLY) | \$2.50 |
| Toasted tortilla pocket (ONLINE ONLY) | \$3.00 |
| Custard cup (vanilla) | \$2.00 |
| Warm roll (cheese, ham & cheese) | \$3.00 |
| Berry muffin | \$2.00 |

Frozen

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|--|--------|
| Quelch juicy sticks V GF | \$0.70 |
| Juicies (wild berry, tropical, lemonade) | \$2.00 |
| ☺ Twisted frozen yoghurt (chocolate/vanilla, strawberry/vanilla, watermelon/mango) V GF | \$3.00 |

Drinks

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|--|--------|
| ☺ Water: 600ml | \$2.00 |
| ☺ Plain milk: 300ml | \$2.00 |
| ☺ Oak Lite flavoured milk: 300ml (choc, strawberry) | \$3.00 |
| ☺ Harvey Fresh Juice: 250ml (apple, orange, apple & blackcurrant) | \$2.50 |
| ☺ Chill J 100% Sparkling Fruit Juice: 250ml (blastin' blackcurrant, rippin' raspberry, groovy grape) | \$3.30 |

DAILY SPECIALS ARE AVAILABLE

Check out flexischools.com.au for our delicious daily specials



☺ = Everyday foods

GF = gluten free

V = Vegetarian