

TIGS CANTEEN MENU

Online Ordering available via www.flexischools.com.au



NEW	
Salsa Nachos	\$4.50
Burritta Bowl (Corn chips, rice, chicken and Mexican Salsa)	\$5.50

HEALTHY LUNCH BOXES	
Ham and Cheese or Cheese and Tomato Wholemeal Sandwich, Piece of Fruit and Water	\$5.00
Rice Paper Rolls and Water	\$5.50
Vegetarian Snack Box (Crackers, cheese, salsa dip and carrot sticks)	\$2.50

SALAD BOXES	
Garden Salad Salad Mix, Tom, Carrot, Red Onion, Cucumber	\$4.50
Garden Salad Bowl Mesculin Mix, Tomato, Carrot Red Onion, Cucumber, Feta Cheese and dressing	\$5.00
Rice Paper Rolls with shredded Vegies	\$5.00
Roasted Vegie Cous Cous Small	\$4.50
Large	\$5.00
Roast Pumpkin and Feta Cous Cous Small	\$4.00
Large	\$5.00

SANDWICHES				
Basic filling	Bread	Roll	Wrap	Gluten Free Bread
Vegemite	\$2.00	\$2.70	\$3.00	\$3.00
Baked Beans	\$2.70	\$3.50	\$3.70	\$3.70
Cheese	\$2.70	\$3.50	\$3.70	\$3.70
Salad	\$3.70	\$4.50	\$4.70	\$4.70
Chicken, Ham or Tuna	\$3.70	\$4.50	\$4.70	\$4.70
Chicken Sweet Chilli, Lettuce & Tomato	\$4.80	\$5.50	\$5.80	\$5.80

FOCCACIA, TURKISH & TOASTED WRAPS	
Hawaiian — Ham, Pineapple & Cheese	\$4.50
Swiss — Chicken, Avocado & Cheese	\$4.50
Mexican Chicken Quesdilla	\$4.50
Panni Rolls— 3 fillings	\$4.50
Vegetarian on Turkish — Roasted Vegies & Cheese	\$5.50
Chilli Chicken Wrap — with Tomato & Cheese	\$5.00
Focaccia—Build your own healthy gluten free focaccia (3 fillings)	\$5.00
Herb & Garlic Focaccia— 3 Fillings	\$4.50
Vegetarian Wrap — Rocket, Roasted Vegies & Feta Cheese	\$5.50

SALAD EXTRAS & SNACKS	
Grated carrot, red onion, cucumber cheese, lettuce, beetroot, tomato, each	.50
Salad extras (on sandwiches below)	1.00
Avocado	.80
Chicken, Ham or Tuna	\$1.00
Chicken—Sweet Chilli	\$1.50
Salad Dressing - French, Sweet Chilli, or Mustard	.50
Sultana Cup	.50
Eucalyptus Drops / Popcorn	.80
Jumpys (Chicken, Original)	\$1.50
Pretzels	\$1.50
JJs (chicken, salt/vinegar)	\$1.50
BBQ Snaps (Gluten Free)	\$1.50
Red Rock (Sea salt, Honey & Soy Chicken)	\$1.50
GrainWaves (Sour Cream)	\$1.50

HOT FOODS	
Spinach and Feta Gozolme	\$4.50
Mini Meat Pie (low fat)	\$2.50
Sausage Roll (low fat)	\$2.70
Spinach & Ricotta Roll	\$2.70
Meat Pie (low fat)	\$3.70
Corn on the Cob	\$1.50

BAKERY GOODS	
Cup Cakes	\$2.50
Muffins Choc chip	\$2.50
Banana or Blueberry or Mango and Coconut Bread	\$3.00
Finger Bun	\$2.50
Lamingtons	\$2.50
Cheese/Bacon Roll	\$1.60
Cheese/Biscuits	.80c

FRUIT	
Sultana Cup	50c
Fresh Fruit (Seasonal)	\$1.00
Rockmelon Box	\$2.50
Watermelon Box	\$2.50
Fruit Salad	\$3.50
Yoplait Yoghurt 125g (strawberry)	\$2.00

DRINKS	
Plain Milk	\$2.00
Water	\$2.50
Poppers (Apple, Orange, Apple/Blackcurrant)	\$2.00
Moove Milk (Chocolate, Strawberry)	\$2.50
Quench (Orange, Apple/Raspberry, Lemon)	\$2.50
Classic Milk (Chocolate, Strawberry, Vanilla)	\$3.00
Juice (Orange, Apple & Blackcurrant) 350ml	\$3.00
Green Power Fruit Smoothie	\$3.50
Emma & Tom's Squeezed Juice - Orange or Cloudy	\$3.50