



Canteen Menu



Fresh

Vegemite or Jam sandwich	\$ 2.00
Cheese or Ham sandwich	\$ 3.00
Ham, Cheese & Tomato sandwich	\$ 4.00
Ham & Salad	\$ 5.00
Ham & Cheese sandwich	\$ 3.50
Cheese & Tomato sandwich	\$ 3.50
Chicken, Lettuce & Mayo sandwich	\$ 4.50
Tuna, Lettuce & Mayo	\$ 4.50
Salad	\$ 4.50
Chicken Caesar Salad	\$ 6.50
Garden Salad	\$ 4.50
Sweet Chilli Chicken Tender Wrap	\$ 5.00
Chicken Caesar Wrap	\$ 6.50
Add Gluten Free Wrap	\$ 1.50
Add Wrap	\$ 1.50

Rice Paper Rolls

Sweet Chilli Chicken	\$ 5.00
Tuna	\$ 5.00

*Comes with lettuce, cucumber & carrot

Drinks

Water	\$ 2.00
Groove	\$ 3.00
Flavoured Oak Milk	\$ 3.00
Up & Go	\$ 3.00
Popper	\$ 2.00

Nachos & Ice-blocks are to be collected from the canteen

Fruit & Snacks

Mini Muffin	\$ 0.50
Mamee Noodle Snack	\$ 1.00
Chocolate Custard	\$ 1.00
Popcorn	\$ 1.00
Banana/Apple	\$ 1.50
Sugar Free Jelly	\$ 1.50
Grainwaves	\$ 2.00
Red Rock Chips	\$ 2.00
Small Fruit Cup	\$ 2.00
Yoghurt Cup	\$ 2.00
Fruit Salad	\$ 5.00

Burgers

Chicken Burger (CLM) or peri peri	\$ 5.50
Beef Burger (beef, sauce)	\$ 5.00
Cheese Burger (beef, cheese, sauce)	\$ 6.00
Chicken Schnitzel	\$ 6.00
add cheese	\$ 1.00



THE LUNCH LAB
Illawarra

Online Ordering is Via:
flexischools.com.au

Hot Food

Party Pie	\$ 1.50
Garlic Bread	\$ 3.00
Spring Rolls (4)	\$ 3.00
Hotdog	\$ 3.50
Sausage Roll	\$ 4.00
Chicken Nuggets (6)	\$ 4.00
Meatball Sub (add grated cheese 50c)	\$ 4.50
Wedges	\$ 4.50
Meat Pie	\$ 4.50
Cheese Pizza	\$ 4.50
Pepperoni Pizza	\$ 5.00
Lasange	\$ 5.00
Nachos	\$ 5.00
Chicken Fingers (6)	\$ 5.00
Spaghetti Bolognaise	\$ 5.00
Devil Wings (3)	\$ 5.00
Dumplings	\$ 5.00
Butter Chicken	\$ 5.50
GLUTEN FREE Noodle Cup	\$ 4.00
GLUTEN FREE Nuggets	\$ 5.00

BBQ, Tomato, S/Chilli sauce 50c - Sour Cream \$1

Ice-Blocks

Zooper Dooper	\$ 1.00
Frozen Juice Cup	\$ 1.50
Snap Stick	\$ 1.50
Ice Mony TNT	\$ 2.00
Icy Pole	\$ 2.00
Juicee Tube	\$ 2.00
Moosee	\$ 2.50
Paddle Pop	\$ 2.50