



## WELCOME!

We are Renatta Pty Ltd., a local business that has been providing stress-free lunches for over 15 years. As members of Nutrition Australia, ASCA and VSCA, we aim to provide an enjoyable, nutritional and attractively presented selection of food and drinks at reasonable prices. We aspire to encourage the development of good eating habits consistent with the Australian Dietary Guidelines for Children.

We love getting involved with the schools we cater for and over the years have donated generously towards the local school projects.

## YOUR OPTIONS

We understand that time is precious and feeding hungry children can be a stressful task. That's why using our business is a great way for busy parents to reduce the strain of keeping your child's lunch interesting. We provide selections that are simple, inexpensive and set within a healthy context, labelling our foods clearly to help parents choose the best option for their child. We also cater for those with special dietary requirements so they too can enjoy our lunches.

## OUR FOOD & MENU

We recognise the importance of wholesome food that encourages children to live well, so we aim to make use of quality ingredients in our lunches. After all, the consumption of a good lunch can not only improve health, but also improve learning behaviour.

This is why we encourage the use of fresh fruit and vegetables, minimal added salt, high fibre bread products and reduced fat dairy products. We also provide regular specials to ensure there is a variety in our menu. What's more, we alter our menu according to the seasons!

Our menu is audited by Nutrition Australia and categorised into a traffic light system, so you can make healthy choices for your children.

## How To ORDER

Lunches can be ordered and paid for in two ways:

1. Online – Simply register via [www.fleximeals.com.au](http://www.fleximeals.com.au) and enter your child's name and class. The quick and easy registration process lets you place orders at a time and place that is convenient for you. Payment online means there is no need to have children sent to school with excess cash. Orders can be placed up until 10am on the day the lunch is required.
2. Manually – Write your order clearly on an envelope along with your child's name, school name and class. Include correct change inside the envelope as NO change is given. Have the enveloped placed in your child's class box.

## WHAT ELSE?

Not only do we care for those we cater to, we also do our best to see that the environment is looked after. Where possible, we avoid the use of plastic containers and wrapping. Instead, we opt for recyclable paper packaging.

## NUTRITION COURSES

Renatta provides nutrition-based courses for schools so that children can gain an appreciation of the nutritional aspects of food. These courses help reduce health risk factors commonly identified in Australia children, encouraging students to get involved in the food choices they make and develop good eating habits.

## CONTACT US

Any questions? Please call us on 0412 035 490  
or email [mandile@bigpond.com](mailto:mandile@bigpond.com)

**We look forward to hearing from you.  
Happy eating!**

EVERYDAY  
FOODS

SELECT  
CAREFULLY

OCCASIONAL  
FOODS



# GALILEE PRIMARY SCHOOL LUNCH LIST - 2018



## SANDWICHES / ROLLS - WHITE OR W/MEAL

*Rolls & pita wraps extra 50c (Gluten free pita available)*

- Cheese \$3.00
- Egg \$3.00
- Meat ( ham / turkey / roasted chicken / tuna) \$4.00
- Schnitzel \$5.00
- Avocado \$3.00
- Vegemite / honey / jam \$3.00
- Salad \$4.20

Add 60c for the following items: lettuce, tomato, mayo cheese, cucumber, carrot. Add \$1.00 for avocado, Add \$1.80 for salad

## HOT FROM THE OVEN

- Mexican nachos - with sour cream (gluten free) \$6.90
- Hot dog - skinless + w/meal roll (WED) \$3.40
- Beef burger - lettuce + tomato + pineapple + mayo or tomato sauce (WED) \$6.00
- Baked crumb chicken burger - tomato + lettuce + cheese (FRI) \$5.50
- Honey soy chicken + rice \$5.50
- Gluten free pie (WED) \$6.50
- Gluten free sausage roll (WED) \$4.50
- Lite meat pie (WED) \$4.00
- Sausage roll (WED) \$3.50
- Lasagna / spaghetti / swirls / mac & cheese \$5.00
- Vegetarian rice \$4.50
- Chicken fried rice \$4.50
- Pizza - hawaiian / margarita (WED) \$4.00
- Quiche - ham + cheese \$4.50
- Steamed rice \$3.00
- Toasted sandwich - ham + cheese / tomato + cheese \$4.50
- Veggie pastie (WED) \$4.00
- Sweet chili chicken wrap - mayo + lettuce + tomato \$5.50
- Steamed dim sim (FRI) \$1.20

Add 30c for tomato sauce / soy sauce

## SUPER SALAD BAR

- Greek style salad with feta + olives \$5.00
- Supremo salad box - falafel balls + chickpeas + sweet corn + refreshing tomatoes + carrots with hummus \$6.00
- Mex bowl - rice + corn + black beans + cucumber + carrot \$5.00

## NIBBLE PACKS

- Munch magic - crackers + 1 dip carrot + celery sticks + strawberries \$4.00
- Rainbow magic- grapes, strawberry, carrots, cucumber & dip \$4.00

## MOUTH WATERING FRUIT

- Apple / banana / orange / pear / kiwi \$1.50
- Fresh fruit combo cup (mixed seasonal fruit) \$4.50  
Add a dash of yoghurt for 50c

## HOT PACKS

- Chicken delight - 4 oven baked nuggets served with carrots + corn cob \$5.00
- Delish Fish - lightly crumbed baked fish fillet garden salad \$5.00
- Taco salad - soft chicken taco with garden salad \$5.50

## SNACKS

- Sultanas \$1.00
- Carrot / celery sticks \$1.20
- Cheese sticks \$1.00
- Classic popcorn (cheese / salt + vinegar) \$2.00
- Banana bread \$2.50
- Corn chips low salt \$3.00
- Choc chip cookie \$2.00
- Hot apple + cinnamon finger \$2.80
- Muffin - blueberry / choc chip \$3.20

## COLD SNACKS

- Jelly cups - orange / raspberry / blackcurrant \$1.80
- Fruit Sorbet - lemon / orange + mango / pomegranate \$3.80
- Sorbet - coconut \$4.20
- Frozen fruit sticks / Zing sour tube \$1.00
- Yoghurt cup - plain \$2.00 raspberry / passionfruit \$2.50
- Sushi Rolls - veggie / tuna / avo / chicken / california \$3.00

## DRINKS

- Milk - plain \$1.20
- Nippys - 250ml choc, strawberry, honeycomb \$2.00  
- 375ml banana \$2.50
- Up & Go - choc / strawberry / banana \$2.50
- Bottled water \$2.00
- Popper Juice - apple / orange / tropical apple + blackcurrant \$1.50
- Ribena \$1.50
- Sparkling Mineral Water - strawberry / lemon / grape / mango / watermelon \$2.50
- Chilled iced tea - lemon / peach / raspberry \$2.50
- Coconut water - original / mango / watermelon + strawberry \$2.20

## KEEP AN EYE OUT FOR OUR MONTHLY ONLINE SPECIALS!

Please write your order clearly on an envelope or paper bag and enclose the correct money as no change will be given or order online at [www.flexischools.com.au](http://www.flexischools.com.au)

Tel 8695 9015 Fax 9645 7043 No later than 10am  
Office hours: 7am - 2pm