



## SOUTH MELBOURNE PRIMARY SCHOOL LUNCH LIST - 2022

EVERYDAY  
FOODS

SELECT  
CAREFULLY

OCCASIONAL  
FOODS

### SANDWICHES / ROLLS - WHITE OR W/MEAL

*No spreads unless requested. Rolls & pita wraps extra 50c  
(Gluten free pita & gluten free bread available)*

- Cheese \$3.30
- Meat (ham / turkey / roasted chicken) \$4.80
- Schnitzel \$6.00
- Toasted sandwich - ham + cheese / tomato + cheese \$5.80
- Vegemite / honey / jam \$3.30
- Salad \$5.80

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

### HOT FROM THE OVEN

- Mexican nachos - with sour cream (gluten free)  
(MON / FRI) \$7.80
  - Vegan Burger - round roll + Cos lettuce + fresh tomato \$6.80
  - Baked crumb chicken burger - lettuce + tomato  
(MON / FRI) \$6.50
  - Honey soy chicken + rice \$5.80
  - Gluten free lasagne \$5.80
  - Lite meat pie \$4.50
  - Sausage roll (THU) \$4.00
  - Lasagne / spaghetti / twirls / mac & cheese \$5.80
  - Good Food Hero - beef korma / butter chicken  
+ rice \$5.80  
- Thai fried rice with chicken \$5.80
  - Vegetarian rice \$5.50
  - Steamed rice \$3.50
  - Veggie Korma \$6.50
  - Nasi Goreng \$6.50
  - Veggie Soba noodles stir fry \$6.50
  - Party pie / party sausage roll (THUR) \$2.00
  - Pizza - hawaiian / margherita (THUR) \$4.30
  - Steamed dim sim \$1.20
- Add 30c for tomato sauce / soy sauce
- Teenas homemade pork & veg steam dumpling \$1.70
  - Teenas homemade chicken spring rolls \$1.70

### SUPER SALAD BAR

- Greek style salad with feta \$5.50
- Veggie Snack Box - cucumber + carrots + cherry tomato  
snow peas & hummus \$5.50
- Fruit Snack Box - grapes + strawberry + orange +  
w/melon & yoghurt \$5.50
- Fruit & Veggie Snack Box - carrots + celery + grapes  
+ strawberries + crackers  
& hummus \$5.50

### MOUTH WATERING FRUIT

- Apple / banana / orange / pear / kiwi \$1.50
- Fresh fruit salad cup (mixed seasonal fruit) \$5.50

### HOT PACKS

- Chicken delight - 4 oven baked nuggets served  
with carrots + corn cob \$5.90
- Taco salad - soft chicken taco with garden salad \$5.90

### SNACKS

- Sultanas \$1.00
- Carrot / celery sticks \$1.50
- Classic popcorn (sea salt) \$2.50
- Banana bread 85g \$3.00
- Corn chips low salt \$3.00
- Muffin 120g - chocolate or blueberry \$3.00
- Ginger bread cookie \$2.20
- Lamingtons 80g \$3.20
- Nori seaweed snack 5g - sea salt or teriyaki \$2.50

### COLD SNACKS

- Yoghurt cup - plain \$2.50
- Yoghurt cup - with fresh banana or strawberry \$3.00
- Sushi Rolls - veggie / tuna \$3.00
- Sushi Rolls - salmon / chicken / california \$3.20
- 12 Piece Sushi Pack includes chicken, tuna and avocado \$10.50
- Salmon Nigiri Pack \$11.50
- Salmon & Prawn Nigiri Pack \$11.50

### DRINKS

- Bottled water \$2.20
- Nippy's - 250ml choc / strawberry \$2.50  
- 375ml banana \$2.80
- Popper Juice - apple / orange / multi-vitamin /  
apple + blackcurrant \$2.20
- Remedy Kombucha - Raspberry lemonade /  
cherry plum \$3.20
- Spring water fruit juice - lemonade / orange passion /  
grape / watermelon \$2.80

### HALAL

- Halal meat pie \$4.30
- Halal pizza \$4.50
- Halal Lasagna & mac cheese \$5.80

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

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

Tel 8695 9015

Office hours: 7am - 2pm



## 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

1. Register your account on [flexischools.com.au](http://flexischools.com.au) or download the Flexischools App. For iPhone and iPad users, please select 'Allow' notifications. The app is available on GooglePlay or Apple Store.
2. Select your school and group/year group.
3. Click Order Now to login or register your account. Once your account is set up, add new student by searching for their school, entering student details and selecting their class.
4. Place your order!

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 cash, and allows you to easily monitor special dietary requirements.

Payment methods: Visa, Mastercard, Paypal or direct deposit. Orders can be placed up until 10am on the day the lunch is required.

## 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)

EVERYDAY  
FOODS

SELECT  
CAREFULLY

OCCASIONAL  
FOODS

We look forward to hearing from you.  
Happy eating!