

# primary school menu

all orders to be placed through flexi school online,  
please note order cut off time is 8:30am.

## cool choices.

watermelon wedge x 2	2.0
seasonal fresh fruit	2.0
fruit salad cup small	3.5
brownies yoghurt pouch/pot	2.5/3.2
vegetable sticks	2.5
vegetable sticks & hummus	3.5
rice crackers & hummus	3.5
rice crackers & cheese portion	3.5
yoghurt, granola & compote cup	4.0

## bakery.

muffin of the day	4.0
banana bread	3.0

## snack time.

gluten free popcorn	2.5
grain waves, 28g	3.0
rice crackers	2.5
corn chips	2.5
veggie chips	3.0

## thirst quenchers.

fruit juice box, 250ml	3.2
emma & toms, 250ml	4.0
still water	2.5
fresh milk 250ml	2.5

## salads & sushi.

chicken caesar salad	6.0
garden salad	5.5
cooked tuna sushi	7.0
teriyaki chicken sushi	7.0

## sandwiches & wraps.

choose, white, wholemeal or gluten free (+1.0)	
cheese	4.0
ham	4.0
chicken	4.0
crispy chicken wrap (cheese, mayo, lettuce)	5.5
<b>add ons +50c</b>	
-salad (tomato, cucumber & lettuce)	
-cheese	
-mayo	
-vegemite	

## hot food.

ham & cheese toasties	5.0
penne pasta with napolitana sauce & cheese	5.5
chefs special- (examples below)	
pasta bolognaise	7.5
butter chicken with steamed rice & paratha	7.5
katsu vegetarian chow mien	6.5
chicken rice bowl in tonkatsu sauce	7.5
sauce portion	0.5

chefs special will be uploaded to Flexi online ordering  
system every Friday for the following week.

if you have any queries about the menu or your order,  
please reach out to our chef manager, Hesh  
[Johnxxiii@compass-group.com.au](mailto:Johnxxiii@compass-group.com.au).