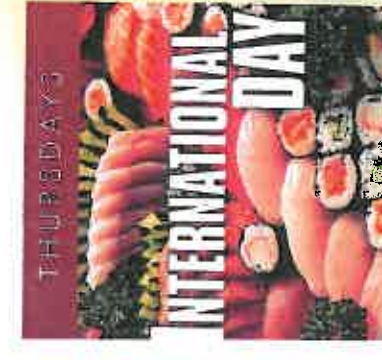
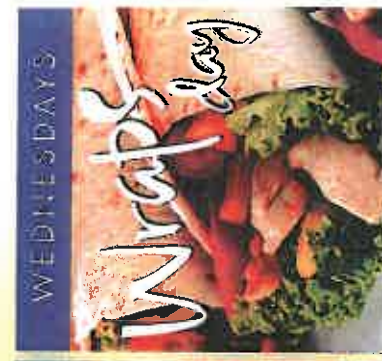
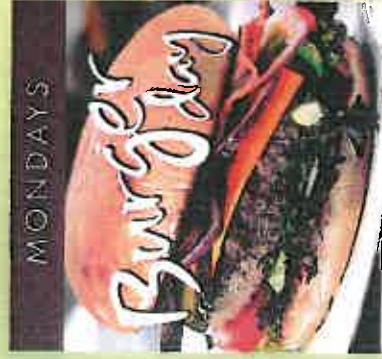


CARWATHA COLLEGE MENU



- MONDAYS**
- **Chicken, Fillet Grilled Burger** with Lettuce & Tomato \$4.50
 - **Lean Beef Pattie Burger** with Lettuce & Tomato \$4.50
 - **Vegetable Pattie** with Lettuce & Tomato \$4.00
 - Add Cheese on any Burger .50c extra
 - **GLUTEN FREE** Buns available



- Cereal Bowls with low fat milk \$3.00
- Yoghurt Cups \$3.00
- **Wholemeal Toasties** with cheese \$2.50
- Cheese & Tomato \$3.00
- Ham & Cheese \$3.50
- **THE CAF SPECIAL!** Egg & Bacon Roll \$4.00
- **GLUTEN FREE** Bread available

- TUESDAYS**
- Bolognese Pasta \$3.00
 - Napoli Pasta \$3.50
 - Napoli & Cheese Pasta \$4.00
 - Roast Vegetable Pasta \$4.50
 - **GLUTEN FREE** Pasta available \$1.50 extra



- WEDNESDAYS**
- **ALL 97% FAT FREE Wholemeal**
 - Palafel with Humus Salad \$5.00
 - Chicken Caesar \$3.00
 - Chicken Fillet with Lettuce, Tomato & Avocado \$5.00
 - Lamb with Greek Salad & Yoghurt \$5.00
 - **GLUTEN FREE** Pita available

- ALL MEALS FREE**
- ✓ NO ADDED PRESERVATIVES
 - ✓ NO DEEP FRIED FOODS
 - ✓ NO WHITE BREAD
 - ✓ WHOLEMEAL & MORE



- THURSDAYS**
- Fried Rice \$4.50
 - Sushi Hand Rolls - Vegetarian, Cooked Tuna & Avocado \$2.80
 - Vietnamese Rice Paper Rolls \$3.50
 - Chicken Curry & Rice \$5.00

- FRIDAYS**
- Grilled Sausage in Roll \$3.00
 - Meat Hot Dog in Roll \$3.50
 - Vegetarian Hot Dog in Roll \$4.00
 - Add Grilled Onion .50c extra
 - **GLUTEN FREE** Rolls available \$1.00 extra

- DRINKS**
- Frozen Pineapple Rings \$1.50
 - Snooze Coconut \$1.50
 - Frozen Juice Cups (200ml) \$2.00
 - Cupcake Sized Un-Iced Muffins:
 - Chocolate \$2.50
 - Banana \$2.50
 - Fresh Strawberry \$2.50
 - White Chocolate \$2.50
 - Honey Joy \$2.00

- LOW FAT SALADS:**
- Fruit \$4.50
 - Greek \$4.50
 - Caesar \$4.50
 - Garden \$4.50
 - Brown Rice \$4.50
 - Fresh Veggie Sticks Celery, Carrot & Cucumber) with Rice Crackers & Dip \$4.00

- MONDAY**
- Soup of the Day \$4.00
 - Pizza Subs \$2.80
 - Hash Browns \$1.80
 - Assorted Rolls & Sandwiches \$3.50 - \$6.50
 - **GLUTEN FREE** Bread available

- Water - 600 ml \$2.00
- Juice - 250ml only \$2.50
- Lightly Sparkling - 750ml \$3.00
- Slurpee - 200ml \$2.50

Order Online, go to: flexschools.com.au/refreshments

Healthy Eating Guide:

● EVERYDAY ● SOMETIMES ● OCCASIONALLY ● GLUTEN FREE on Selected Items