

junior menu

Summer 2010
fleximeals.com.au



The radford canteen

DRINKS

Flavoured Milk <i>Small</i>	\$2.00
Flavoured Milk <i>Large</i>	\$3.00
Plain Milk <i>Small</i>	\$1.50
Milk Shakes <i>various flavours</i>	\$4.00
Mt Franklin Water <i>400ml</i>	\$2.00
Hot Chocolate	\$2.00
Fresh Fruit Juice <i>Small</i>	\$2.30
Fresh Fruit Juice <i>Large</i>	\$3.30
Fruit Box	\$1.50
Frozen Fruit Cup	\$1.00

RECESS MENU

(v) = vegetarian options

Garlic Bread (v)	\$0.50
Red Rock Deli Chips	\$1.80
Spring Rolls (two) (v)	\$1.00
Party Pie	\$0.80
Popcorn <i>Chicken flavour or Plain</i>	\$1.00
Yoghurt Pops	\$0.20
Mousse <i>Chocolate or Berry</i>	\$3.00
Zooper Dooper <i>various flavours</i>	\$1.00
Fresh Muffin	\$2.00
Jelly Cup	\$1.00
Fresh Fruit & Jelly Cups	\$1.00
Fresh Fruit Cups	\$1.00
Apple Slinky (<i>Apple included</i>)	\$1.20
Apple Slinky (<i>BYO Apple</i>)	\$0.20

LUNCH MENU

(v) = vegetarian options

SALADS

Greek Salad (v)	\$4.00
Caesar Salad	\$4.00
Pasta Salad	\$4.00
Cous Cous Salad (v)	\$4.00
Garden Salad	\$4.00
<i>Additional Fillings each</i>	\$0.50

FRUIT SALAD

Fruit Salad (v) <i>Small</i>	\$4.00
Fruit Salad (v) <i>Large</i>	\$4.50
<i>Yoghurt extra</i>	\$0.50

HOT MEALS

Junior Burger	\$4.00
Junior Cheese Burger	
<i>(Beef Pattie, Cheese, Tomato Sauce)</i>	\$4.00
Mini Pizza <i>Ham & Pineapple</i>	\$3.50
Mini Pizza <i>Vegetarian</i>	\$3.50
Pie	\$3.00
Sausage Roll	\$2.50
<i>Tomato Sauce</i>	\$0.30
Cheese & Spinach Roll (v)	\$2.50
Nachos	\$3.00
Wedges	\$3.00
<i>Sour Cream</i>	\$0.50

LUNCH MENU

(v) = vegetarian options

SANDWICHES

Wholemeal, White, Multigrain

Cheese & Tomato (v)	\$4.00
Ham, Cheese & Tomato	\$4.50
Egg & Lettuce (v)	\$4.00
Chicken, Lettuce & Mayonnaise	\$4.50
Chicken, Cheese & Avocado	\$4.50
Salmon & Lettuce	\$4.50
Tuna Salad	\$4.50
Cheese Salad (v)	\$4.50
Salad (v)	\$3.50
Vegemite (v)	\$2.50
<i>Rolls extra</i>	\$0.50
<i>Additional Fillings each</i>	\$0.50

TOASTED SANDWICHES

Cheese & Tomato (v)	\$4.00
Ham & Cheese	\$4.00
Spaghetti & Cheese (v)	\$4.00
<i>Additional Fillings each</i>	\$0.50

TOASTED FOCACCIA

Chicken & Cheese	\$5.00
Chicken & Avocado	\$5.00
Ham & Cheese	\$5.00

WRAPS

Tandoori Chicken	\$5.50
Mexican	\$5.50
Sweet Chilli Chicken	\$5.50
Felafel (v)	\$5.50
Chicken, Avocado, Cheese & Lettuce	\$5.50
Ham, Cheese & Tomato	\$5.50
<i>Additional Fillings each</i>	\$0.50
<i>Toasted extra</i>	\$0.50

SUSHI

Small	\$4.00
Large	\$6.00
<i>Cooked Tuna & Cucumber</i>	
<i>Vegetarian (v)</i>	
<i>Chicken, Avocado & Mayonnaise</i>	
<i>Smoked Salmon & Avocado</i>	

HOT FOOD DAILY SPECIALS

Small \$4.50 Large \$5.50

Monday	Pasta Napolitana
Tuesday	Pasta Carbonara
Wednesday	Fried Rice
Thursday	Butter Chicken & Rice
Friday	Spaghetti Bolognese

PLEASE REFER TO OUR BLACKBOARD MENU FOR DAILY SPECIALS

senior menu

Summer 2010
fleximeals.com.au



The radford canteen

DRINKS

Flavoured Milk <i>Small</i>	\$2.00
Flavoured Milk <i>Large</i>	\$3.00
Plain Milk <i>Small</i>	\$1.50
Milk Shakes <i>various flavours</i>	\$4.00
Pump Water <i>Plain</i>	\$3.00
Pump Water <i>Flavoured</i>	\$3.50
Mt Franklin Water <i>400ml</i>	\$2.00
Vitamin Water	\$3.50
Deep Spring Mineral Water	\$3.00
Fruit Box	\$1.50
Fresh Fruit Juice <i>Small</i>	\$2.30
Fresh Fruit Juice <i>Large</i>	\$3.30
Fruit Smoothies	\$4.50
Frozen Fruit Cup	\$1.00
Hot Chocolate	\$2.00
Ice Tea	\$3.50
Sports Drink	\$3.50

BREAKFAST MENU STARTS 8AM

(v) = vegetarian options

Bacon & Egg Roll	\$4.00
Pancakes & Maple Syrup (two) (v)	\$3.00
Breakfast Wrap <i>Bacon, Omelette & Cheese</i>	\$5.00
Oven Baked Hash Brown (v)	\$1.00
Fresh Muffin (v)	\$2.00
Toast with Vegemite or Jam (v)	\$2.50
Variety Single Serve Cereals <i>with milk</i>	\$3.50

TOASTED SANDWICHES

Cheese & Tomato (v)	\$4.00
Ham & Cheese	\$4.00
Spaghetti & Cheese (v) <i>Additional Fillings each</i>	\$4.00 \$0.50

RECESS MENU

(v) = vegetarian options

<i>Mon, Wed, Fri</i>	
Oven Baked Wedges (v)	\$3.00
Hot Dogs	\$3.00
Nachos with Salsa & Cheese (v) <i>Sour Cream</i>	\$3.00 \$0.50
Pizza <i>Vegetarian or Ham & Pineapple</i>	\$3.50
Garlic Bread (v)	\$0.50
Spring Rolls (two) (v)	\$1.00

TOASTED SANDWICHES

Cheese & Tomato (v)	\$4.00
Ham & Cheese	\$4.00
Spaghetti & Cheese (v) <i>Additional Fillings each</i>	\$4.00 \$0.50

TOASTED FOCCACIA

Chicken & Cheese	\$5.00
Chicken & Avocado	\$5.00
Ham & Cheese	\$5.00

LUNCH MENU

(v) = vegetarian options

SALADS

Greek Salad (v)	\$4.00
Caesar Salad	\$4.00
Pasta Salad	\$4.00
Cous Cous Salad (v)	\$4.00
Garden Salad <i>Additional Fillings each</i>	\$4.00 \$0.50

SUSHI

Small	\$4.00
Large	\$6.00
<i>Cooked Tuna & Cucumber</i>	
<i>Vegetarian (v)</i>	
<i>Chicken, Avocado & Mayonnaise</i>	
<i>Smoked Salmon & Avocado</i>	

LUNCH MENU

(v) = vegetarian options

FRUIT SALAD

Fruit Salad (v) <i>Small</i>	\$4.00
Fruit Salad (v) <i>Large</i>	\$4.50
<i>Yoghurt extra</i>	\$0.50

WRAPS

Tandoori Chicken	\$5.50
Mexican	\$5.50
Sweet Chilli Chicken	\$5.50
Felafel (v)	\$5.50
Chicken, Avocado, Cheese & Lettuce	\$5.50
Ham, Cheese & Tomato <i>Additional Fillings each</i>	\$5.50 \$0.50
<i>Toasted extra</i>	\$0.50

SANDWICHES

Wholemeal, White, Multigrain

Cheese & Tomato (v)	\$4.00
Ham, Cheese & Tomato	\$4.50
Egg & Lettuce (v)	\$4.00
Chicken, Lettuce & Mayonnaise	\$4.50
Chicken & Avocado	\$4.50
Salmon & Lettuce	\$4.50
Tuna Salad	\$4.50
Salad (v)	\$3.50
<i>Rolls extra</i>	\$0.50
<i>Additional Fillings each</i>	\$0.50

BURGERS

Cheese Burger	\$5.00
Schnitzel Burger	\$5.00
Chicken Fillet Burger	\$5.00
Tandoori Burger	\$5.00
Sweet Chilli Chicken	\$5.00
Hawaiian Burger	\$5.00
Vegie Burger (v)	\$5.00
Italian Schnitzel Burger	\$5.00

TOASTED FOCCACIA

Chicken & Cheese	\$5.00
Chicken & Avocado	\$5.00
Ham & Cheese	\$5.00

OTHER HOT FOOD

Cheese & Spinach Roll (v)	\$2.50
Pizza Rounda	\$3.00
Sausage Roll	\$2.50
Pie	\$3.00
<i>Tomato Sauce</i>	\$0.30

HOT FOOD DAILY SPECIALS

Small \$4.50 Large \$5.50

Monday	Pasta Napolitana
Tuesday	Pasta Carbonara
Wednesday	Fried Rice
Thursday	Butter Chicken & Rice
Friday	Spaghetti Bolognese

PLEASE REFER TO OUR BLACKBOARD MENU FOR DAILY SPECIALS