

# senior menu

Winter 2010  
fleximeals.com.au



## 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 &amp; 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)	\$4.00
<i>Additional Fillings each</i>	\$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)	\$3.00
<i>Sour Cream</i>	\$0.50
Pizza <i>Vegetarian or Ham &amp; 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)	\$4.00
<i>Additional Fillings each</i>	\$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	\$4.00
<i>Additional Fillings each</i>	\$0.50

## 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	\$5.50
<i>Additional Fillings each</i>	\$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
Chicken and Mushroom Triangle	\$3.50
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*

<b>Monday</b>	Vegetarian Hokkien Noodles Chicken Korma Curry
<b>Tuesday</b>	Chicken Stroganoff Baked Potato with Bacon, Shallots & Sour Cream
<b>Wednesday</b>	Pesto Pasta Fried Rice
<b>Thursday</b>	Teriyaki Chicken with Rice Lasagne
<b>Friday</b>	Beef Noodle Stir Fry Macaroni Cheese

PLEASE REFER TO OUR BLACKBOARD MENU FOR DAILY SPECIALS