

junior menu

Winter 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

OTHER HOT FOOD

Chicken and Mushroom Triangle	\$3.50
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HOT FOOD DAILY SPECIALS

Small \$4.50 Large \$5.50

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

PLEASE REFER TO OUR BLACKBOARD MENU FOR DAILY SPECIALS