

Breakfast Menu

Available every day to order

Toast (2)	\$1.00
Raisin Toast	\$1.50
Yummy Drummie	\$1.20
Hash Brown	\$1.20
Meltd Cheese ½ Roll	\$1.50
Pizza ½ Roll	\$1.50
Cereal with Milk	\$2.00
Muesli & Yoghurt	\$2.00
Toasties From	\$2.00
Egg Roll or Bacon Roll	\$3.50
Bacon & Egg Roll	\$4.00

Purchases During Break Times

Foods will be available to be purchased over the counter at both breaks but not all food on the menu will be available every day to buy unless ordered. The only way to ensure you receive something that is on the menu is to order it.

On-Line Orders

It is preferred that all orders are placed via **Flexischools**. Orders for 1st & 2nd breaks plus breakfast should be placed online via www.flexischools.com.au before 9.00am. Items must be selected for the break for which they are required.

Breakfast orders close at 7.40am but can be collected from 7.30am.

Over the Counter Order

Orders can always be placed over the counter in the morning to be collected at either break.

All orders must be picked up from the canteen from side window which is for students with orders only.

EFTPOS Available

Light Snacks

Cruskits (4) or Rice Cakes **GF** (4)

With Vegemite	\$2.00
With Cheese	\$2.50
With Avocado	\$3.00

Fresh Sushi from \$3.80

See online menu for varieties available



Canteen Menu

Gluten Free - GF
Prepared Fresh in the Canteen

Fresh Fruit & Veg Snacks

Cucumber Sticks	\$1.00
Carrot/Celery Sticks	\$1.00
Veg Combination Pack	\$1.00
Vege Sticks with Dip	\$2.00
Orange (cut in 1/4s)	\$1.50
Apple	\$1.50
Watermelon	\$1.00
Mini Fruit Salad	\$1.50
Medium Fruit Salad	\$3.00
Medium Fruit Salad & Yoghurt	\$3.50
Medium Fruit Salad & Custard	\$3.50
Large Fruit Salad	\$4.00
Large Fruit Salad & Custard	\$4.50
Large Fruit Salad & Yoghurt	\$4.50

Frozen Foods

Quelch Juice Sticks	\$0.70
Frozen Juice Cup	\$1.00
Ice Mony – Frozen	\$1.00
Calippo Minis	\$1.20
IceBlocks	\$1.50
Paddlepop	\$1.80
Choc Shaky Shakes	\$2.50
Slushie (99% Fruit juice)	\$2.50
Frozen Fruit Yoghurt	\$2.50

Drinks

300ml Spring Water	\$1.00
600ml Spring Water	\$2.00
100% Fruit Juice From	\$1.50
Milk Plain From	\$1.50
Milk Flavoured From	\$2.00
Up and Go	\$2.00
Hot Chocolate From	\$2.00
Sports Water From	\$3.50
Aloe Drink Assorted Flavours	\$4.00
Iced Tea	\$4.00
Smoothies From	\$2.50
Cold Milo Milk	\$2.00

Cold Snacks

Jelly From	\$1.00
Plain Custard From	\$1.00
Jelly & Custard From	\$1.00
Jelly & Yoghurt From	\$1.00
Jelly with Fresh Fruit From	\$1.50
Jelly with Fresh Fruit & Custard From	\$2.00
Tub of Low Fat Yoghurt	\$2.50
Muesli & Yoghurt	\$2.00

Snack Foods

Fruity Bites	\$1.00
Garlic Bread	\$1.50
Bread Sticks	\$0.80
Milo Wholegrain Cereal from	\$0.50
Cocoa Bombs GF from	\$0.50
Fresh Popped Popcorn GF	\$0.50
Jumpys	\$1.20
Anzac Cookies (homemade)	\$1.50
Vege Snack Crackers GF	\$1.20
Popcorn GF	\$1.60
Red Rock Deli Chips GF	\$1.60
Finger Bun	\$2.00
Low Fat Muffins	\$2.00
Slices and Cakes From	\$2.00

Cutlery - 10c charged for any cutlery not normally provided with meals or salads

CHECK THE NOTICE BOARD FOR SPECIALS AND MEAL DEALS

Sensational Fresh Salads

Available every day to order

You can create your own style of salad or select from salads with set ingredients.

Choose your favorite ingredients.

Customized Salads must be ordered.

All are prepared fresh in the Canteen

Cost per serve	
Avocado	\$1.50
Bacon Pieces	\$1.20
Beetroot	\$0.50
Capsicum	\$0.50
Carrot	\$0.50
Celery	\$0.50
Cheese – Tasty	\$1.00
Cheese – Parmesan	\$1.00
Cheese – Feta	\$1.00
Croutons	\$0.30
Cucumber	\$0.80
Egg	\$1.00
Lettuce	\$0.50
Olives	\$0.80
Onion	\$0.30
Pineapple	\$0.80
Tomato	\$0.80
Ham	\$1.20
Fresh Chicken	\$1.20
Salmon	\$1.20
Tuna	\$1.20
Mayo	\$0.30
Caesar Dressing	\$0.30
Salad Dressing	\$0.30
Soya Sauce	\$0.30

Caesar Salad

Lettuce, egg, croutons, bacon, Parmesan & dressing	\$5.00
--	--------

Greek Salad

Lettuce, Capsicum, tomato, feta, onion, cucumber, olives & dressing	\$5.00
---	--------

Garden Salad

Lettuce, tomato, carrot, celery, capsicum, cucumber & dressing	\$5.00
--	--------

CHECK THE NOTICE BOARD & FLEXISCHOOLS FOR SPECIALS AND MEAL DEALS

Canteen Menu

Sandwiches

Rolls & Wraps

All are Prepared Fresh in the Canteen

Available Everyday to order

Salmon	\$3.00
Tuna	\$3.00
Chicken	\$3.00
Ham	\$3.00
Salad	\$3.00
Egg	\$2.50
Cheese	\$2.50
Vegetite	\$2.00
Buttered Sandwich	\$1.50
Buttered Roll	\$1.50

Sandwich Extras

Bread Roll	\$0.50
Gluten Free Bread	\$0.50
Toasted	\$0.30
Avocado	\$1.50
Beetroot	\$0.50
Carrot	\$0.50
Cheese	\$1.00
Cucumber	\$0.80
Egg	\$1.00
Lettuce	\$0.50
Pineapple	\$0.80
Salad (Carrot, Tomato, Lettuce, Cucumber)	\$1.50
Tomato	\$0.80
Tomato or BBQ or Mayo or Sweet Chili Sauces	20c

Focaccias or

Turkish Bread

Toasted

Cheese	\$3.50
Ham & Cheese	\$4.00
Ham & Tomato	\$4.00
Ham, Cheese, Tomato	\$4.50

Hot Food

Available every day to order

Yummy Drummie	\$1.20
Junior Beef Pie (low fat)	\$1.80
Garlic Bread	\$1.50
Melted Cheese ½ Roll	\$1.50
Pizza ½ Roll	\$1.50
Boiled Rice	\$2.00
2 Minute Noodles	\$2.50
Toasties from	\$2.50
Sausage Roll (low fat)	\$3.00
Ham & Cheese Pizza	\$3.00
Vegetarian Pizza	\$3.00
Cheese Pizza	\$3.00
Fish, Chicken, or Veggie Burger Plain with sauce	\$3.50
Beef Burger	\$3.50
Add salad etc from extras list	
Hot Dog	\$3.00
Hot Dog with Cheese	\$4.00
Beef Pie (low fat)	\$3.80
Honey Soy Drumsticks & Rice	\$5.00
Beef Nacho	\$5.00
Sauce Sachets	\$0.30

Homemade Foods

A selection of fresh favourite foods will be made in the canteen each week and offered as specials.

Vegetarian and **Gluten free** foods will be available depending on demand.

Register with Flexischools to place your orders.

Specials will also be advertised on Facebook & the notice board outside the canteen.



“Kincumber HS Canteen”

Facebook Page

Menu current from Term 4 2017