



YOWIE BAY PUBLIC SCHOOL MENU

Effective Term 1 2020 Open Monday, Tuesday, Thursday and Fridays.



FRESH FRUIT

Fresh fruit whole
Fruit Salad in tub

HOT FOOD

\$1.00 Low fat Meat Pie
\$4.00 Low fat Sausage Roll
Chicken Nuggets
Stuffed Potato * 2 Fillings
* 3 Fillings
Fried Rice with Egg
Pasta Bolognese
Monday - Nachos w/- Mince & Cheese
w/- Mince, Cheese, Sour Cream & Avocado
Tuesday - Pizza Wrap
Cheese or BBQ Chicken or Meat & Cheese
Thursday - Chicken or Beef Burgers w/- Sauce or Mayo

FRESH WRAPS

\$3.50 Vege Rice Paper Rolls GF Mon/Tue only \$4.00
\$3.00 Chicken Rice Paper Rolls GF Mon/Tue only \$4.50
\$0.70 Sweet Chilli Chicken Tender Wrap \$5.00
\$3.50 w/- Lettuce, Tomato & Cheese
\$4.00 The Toasted Wonga Wrap \$5.00
\$3.50 w/- chicken, avocado, Dijonaise & Cheese
\$3.50
\$4.50
\$5.00
\$4.00

FRESHLY BAKED

Anzac Slice
Raisin Toast - 1 slice
Garlic Bread
Cheese Melt
English Muffins w/- Ham & Cheese

\$1.00 Plain
\$1.00 w/- Lettuce OR w/- Cheese
\$0.40 w/- Lot
\$1.00 **Friday** - Meatball Sub
\$2.00 w/- Cheese

DRINKS

\$4.00 Light Oak Milk 300ml GF Chocolate/Strawb \$2.00
\$4.50 Up & Go Chocolate/Vanilla \$2.00
\$5.00 Water 350ml \$1.00
\$4.50 Chill Js Blackcurrant/Raspberry \$2.00
\$5.00 Popper Juice 200ml Various Flavours \$1.50
Smoothie Very Berry/Tropical \$3.50

SNACKS

Freshed Popped Popcorn per bag
Cereal Bites per bag
Red Rock Deli Chips - Sea Salt
Grain Waves - Sour Cream & Chives

\$0.20 Chicken or Ham or Tuna or Egg
\$0.50 Meat and Salad
\$1.50 Salad
\$1.50 Vegemite

SANDWICHES/WRAPS

Cheese
Ham and Cheese
Ham, Cheese & Tomato
Ham, Cheese & Pineapple
any extra salad items add

FROZEN TREATS

\$3.00 Moosies Milk Freeze GF Choc/Bubblegum \$1.50
\$5.00 Twisted Frozen Yogurt Watermelon/Mango \$2.00
\$4.00 Choc/Vanilla
\$1.50 Quelch Fruit Sticks GF \$0.80
\$2.00 Slushies 99% Juice GF - Half Serve \$1.00 Full \$2.00
\$3.50 Frozen Fruit Cups GF - Blackcurrant \$1.00
\$4.00
\$4.00
\$0.50

SALADS

Garden Salad GF
Garden Salad with Meat and/or Egg

\$4.00
\$5.00

Sticky beaks recycled bags \$10.00

**We have GF bread in freezer
No cost to toast sandwiches**

For online orders go to www.flexischools.com

PLEASE MARK "PSSA LUNCH" FOR FRIDAYS

Canteen Supervisor: Michelle 0415534461