



FRESH FRUIT

Fresh fruit whole
Fruit Salad in tub

YOWIE BAY PUBLIC SCHOOL MENU

Effective Term 1 2022 Open Monday, Tuesday, Thursday and Fridays.

HOT FOOD

\$1.00 Low fat Meat Pie
\$4.00 Low fat Sausage Roll
Chicken Nuggets - 3 Nuggets \$2.00 6 Nuggets
Stuffed Potato * 3 Fillings
* 4 Fillings
Fried Rice with Egg
Pasta Bolognese
Monday - Nachos w/- Mince & Cheese
w/- Mince, Cheese, Sour Cream & Avocado
Tuesday - Nachos w/- Mince & Cheese
w/- Mince, Cheese, Sour Cream & Avocado
Thursday - Chicken or Beef Burgers w/- Sauce or Mayo

FRESH WRAPS

\$3.50 Vege Rice Paper Rolls GF Mon/Tue only \$4.50
\$3.00 Chicken Rice Paper Rolls GF Mon/Tue only \$5.00
\$4.00 Sweet Chilli Chicken Tender Wrap \$5.50
\$4.00 w/- Lettuce, Tomato & Cheese
\$4.50 The Toasted Wonga Wrap \$5.50
\$3.50 w/- Chicken, avocado, Dijonaise & Cheese
\$4.00
\$5.00
\$5.50
\$5.00
\$5.50



FRESHLY BAKED

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

\$1.50 Plain
\$1.50 w/- Lettuce OR w/- Cheese
\$0.50 w/- Lot
\$1.50 **Friday** - Pizza Wrap
\$2.50 Cheese or BBQ Chicken or Meat & Cheese

DRINKS

\$4.50 Light Oak Milk 300ml GF Chocolate/Strawb \$2.50
\$5.00 Up & Go Chocolate/Vanilla \$2.50
\$5.50 Water 350ml \$1.50
\$4.00 Chill Js Blackcurrant/Raspberry \$2.50
Popper Juice 200ml Various Flavours \$1.50
Smoothie Very Berry/Tropical \$4.00

SNACKS

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

\$0.30 Chicken or Ham or Tuna or Egg
\$0.60 Meat/Egg and Salad
\$1.80 Salad
\$1.80 Vegemite
Cheese
Ham and Cheese
Ham, Cheese & Tomato

SANDWICHES/WRAPS

FROZEN ITEMS

\$3.00 Moosies Milk Freeze GF Choc/Bubblegum \$2.00
\$5.00 Twisted Frozen Yogurt Watermelon/Mango \$2.00
\$4.00 Choc/Vanilla
\$1.50 Quelch Fruit Sticks GF \$1.00
\$2.00 Slushies 99% Juice GF - Half Serve \$1.00 Full \$2.00
\$3.50 Frozen Fruit Cups GF - Blackcurrant \$1.20
\$4.00
\$4.00
\$0.50

SALADS

Garden Salad GF
Garden Salad with Meat and/or Egg

\$4.50 Ham, Cheese & Pineapple
\$5.50 any extra salad items add

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