



## FRESH FRUIT

Fresh fruit whole  
Fruit Salad in tub

# YOWIE BAY PUBLIC SCHOOL MENU

Effective Term 3 2023 Open Monday, Tuesday, Thursday and Fridays.

## HOT FOOD

\$1.00 Low fat Meat Pie  
\$4.00 Low fat Sausage Roll  
Chicken Nuggets - 3 Nuggets \$2.50 6 Nuggets  
GF Chicken Nuggets - 3 Nuggets \$3.00 6 Nuggets  
Stuffed Potato \* 3 Fillings  
\* 4 Fillings  
Mon/Tue/Fri - Fried Rice with chicken  
Mon/Tue/Fri - Mac & Cheese or Butter Chicken  
Mon/Tue - Nachos w/- Mince & Cheese  
w/- Mince, Cheese, Sour Cream & Avocado  
Thur - Chicken or Beef Burgers w/- Sauce or Mayo  
Plain

\$1.50 w/- Lettuce OR w/- Cheese  
\$1.50 w/- Lot  
\$0.50 Pizza Wrap -  
\$1.50 Cheese  
\$2.50 BBQ Chicken/Meat/Hawaiian

Sauces - Tomato/BBQ/Soy/Sweet Chilli

## FRESH WRAPS

\$4.00 Vege Rice Paper Rolls GF Mon/Tue only \$5.00  
\$4.00 Chicken Rice Paper Rolls GF Mon/Tue only \$5.50  
\$5.00 Sweet Chilli Chicken Tender Wrap \$5.50  
\$6.00 w/- Lettuce, Tomato & Cheese  
\$4.00 The Toasted Wonga Wrap \$5.50  
\$4.50 w/- Chicken, avocado, Dijonaise & Cheese

## DRINKS

\$4.50  
\$5.00 Light Oak Milk 300ml GF Chocolate/Strawb \$2.50  
\$5.50 Up & Go Chocolate/Vanilla \$2.20  
Water 350ml \$1.70  
\$4.00 Chill Js Blackcurrant/Raspberry \$2.50  
\$4.50 Popper Juice 200ml Various Flavours \$1.80

## FRESHLY BAKED

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

## SNACKS

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

## SALADS

Garden Salad GF  
Garden Salad with Meat and/or Egg

## SANDWICHES/WRAPS

\$0.30 Chicken or Ham or Tuna or Egg  
\$0.60 Meat/Egg and Salad  
\$1.80 Salad  
\$1.80 Vegemite or Cheese  
Vegemite & Cheese  
Ham and Cheese/Tomato and Cheese  
Ham, Cheese & Tomato  
\$5.00 Ham, Cheese & Pineapple  
\$5.50 any extra salad items add

## FROZEN ITEMS

\$3.00 Moosies Milk Freeze GF Choc/Bubblegum \$2.20  
\$5.00 Twisted Frozen Yogurt Watermelon/Mango \$2.20  
\$4.00 Choc/Vanilla  
\$2.00 Quelch Fruit Sticks GF \$1.20  
\$2.50 Slushies 99% Juice GF - Half Serve \$1.20 Full \$2.20  
\$3.50 Frozen Fruit Cups GF - Blackcurrant \$1.20  
\$4.00  
\$4.00  
\$0.50

We have GF bread in freezer  
No cost to toast sandwiches

For online orders go to [www.flexischools.com](http://www.flexischools.com)

PLEASE MARK "PSSA LUNCH" FOR FRIDAYS

Canteen Supervisor: Michelle 0415 534 461