


Holy Spirit Primary School 2016 Canteen Menu

Lunch Orders placed online through Flexischools www.flexischools.com.au

Empire Catering Mobile: 0408 200 481 Please contact us for any Lunch Queries and for any suggestions

GREEN Foods	Cost	AMBER Foods	Cost	RED Foods	Cost
<ul style="list-style-type: none"> Wraps or sandwiches: (toasted optional) 		<ul style="list-style-type: none"> Wraps or sandwiches: (toasted optional) 		<p style="color: red; font-weight: bold;">All Food Items classed as RED have been removed from the school Canteen Menu</p> 	
Chicken & Lettuce.....	\$3.50	Ham & Salad.....	\$3.50		
Chicken, Lettuce Cheese.....	\$3.50	Vegemite/jam/honey.....	\$2.00		
Chicken & Salad.....	\$3.50	Ham and cheese.....	\$3.50		
Chicken & Mayo.....	\$3.50	Ham, cheese, pineapple.....	\$3.50		
Egg & Lettuce.....	\$3.50	Vegemite & Cheese Scrolls.....	\$3.00		
Egg & Mayonaise.....	\$3.50				
Tuna, cheese, lettuce.....	\$3.50				
Salad (lettuce, tomato, cucumber, carrot).....	\$3.50				
extra fillings: lettuce, cucumber, carrot, beetroot, Cheese or mayonaise.....	\$0.50				
<ul style="list-style-type: none"> Hot Food: 		<ul style="list-style-type: none"> Hot Food: 			
Raisin toast.....	\$2.50	nuggets x6.....	\$3.50		
Corn on the cob.....	\$1.50	Aussie Meat Pies.....	\$3.50		
Chicken burger (lettuce, mayo).....	\$4.50	Aussie sausage roll.....	\$3.00		
Chicken Aioli Burger (Lettuce, Pineapple & Aioli).....	\$4.50	Potato Top Pie (Shepherds Pie).....	\$4.50		
Beef Burger with Salad (Lettuce, Tomato, Cucumber & Carrot).....	\$5.00	pizza rounder.....	\$3.50		
Nachos with various toppings - (Beef or vegetarian) Cheese & natural Yoghur.....	\$5.00	Beef & Cheese burger.....	\$5.00		
Baked Potato with various toppings (Mince or Veg) Cheese & yoghurt.....	\$5.00	Hawaiian Burger (chicken, lettuce, ham, pineapple, cheese & Aioli).....	\$5.00		
Pasta Bolognaise.....	\$4.50	Fish Burger with Salad (Lettuce, Tomato, Cucumber & Carrot).....	\$5.00		
Cheesy Mac Pasta.....	\$4.50	Baked Potatoe with Cheese.....	\$4.50		
Garlic Bread.....	\$1.50	Vegetable Lasagne.....	\$4.50		
Salad Wraps.....	\$5.50	Hash Browns.....	\$1.00		
GardenSalad.....	\$4.50	Chicken Yummy Drummys.....	\$1.50		
Fruit Salads.....	\$2.00	Anzac Cookies.....	\$1.00		
Fruit Salad & Custard.....	\$2.50				
Plain Popcorn.....	\$1.00				
Mini Rice Cakes.....	\$1.00				
Sultanas.....	\$1.00				
Cheese Sticks.....	\$1.00				
Fruit Muffins.....	\$1.50				
3C's (Carrot, Cheese stick & Crackers).....	\$2.50				
<ul style="list-style-type: none"> Drinks: 		<ul style="list-style-type: none"> Drinks: 			
Water - 600mls.....	\$2.00	Plain full cream milk.....	\$2.50		
Plain lite milk.....	\$2.50	Flavoured milk 250mls - choc, straw, banana.....	\$2.50		
<p style="color: blue;">Weekly Specials will be offered to the Staff & Students via the Flexischools online ordering system</p> <p style="color: blue;">Specials could include the following Dishes. \$5.50 each</p> <p>Pastas, Fried Rice, Stirfrys, Quiches, Lasagne</p> <p>Sweet & Sour Chicken & Rice, Beef Stroganoff,</p> <p>Butter Chicken & Rice and many more dishes.</p>		99% fruit juice - 250mls.....	\$2.50		
		(orange, apple, apple/raspberry, tropical) 250mls			
		Up&Go (choc, straw).....	\$2.50		
		Fruit Boxes 99% fruit Juice.....	\$1.50		
		99% Frozen Fruit Cups.....	\$1.50		
		Frozen Yoghurts.....	\$2.50		
		99% Juice Icy Poles.....	\$1.00		
<ul style="list-style-type: none"> Tomato or BBQ sauce..... 					
	\$0.30				

All Vegetarian, Gluten Free and other options are available online when you place your order