

## **Breakfast**

Cheese Toastie (everyday)- \$3.00

Ham & Cheese Toastie (everyday) - \$4.00

Ham, Cheese & Tomato Toastie (everyday) - \$4.50

Ham & Cheese Roll (everyday) - \$3.00

Hash browns (Wednesday & Fridays) or anyday if ordered the day  
beforehand - \$3.00

Croissant (any day) (ham & cheese, cheese or plain) - \$3.00

## **DRINKS**

Chocolate or Strawberry Milk Small - \$3.00

Chocolate, Strawberry, Vanilla Malt & Banana Milk Large - \$4.50

Up & Go (chocolate, vanilla, strawberry & protein) – \$3.00

Apple or Apple Blackcurrant juice - \$3.00

Orange Juice - \$3.00

Iced Coffee - \$3.00

Water - \$2.50

Glee - \$3.00

Hot Milo - \$2.00

Hot Chocolate - \$2.00

Slushie - \$2.50

**Everyday Items (can be ordered for recess or lunch)**

**Sandwiches, Rolls & Wraps**

Cheese & Tomato - \$3.50

Ham & Cheese - \$4.00

Egg & Lettuce - \$4.00

Chicken, Cheese & Mayo - \$4.50

Ham, Cheese & Tomato - \$4.50

Cheese & Salad Roll or Wrap - \$5.50

Chicken, Lettuce & Mayo Roll or Wrap - \$5.50

Ham & Salad in Roll or Wrap - \$6.00

Caesar Salad Roll or Wrap - \$6.00

Warm Tandoori Wrap - \$6.00

(baby spinach, tomato, cucumber, chicken, tandoori & yoghurt)

Warm Chicken Schnitzel Wrap - \$6.00

(cheese, lettuce, schnitzel & mayo)

Ham Special on a Roll or Wrap - \$6.00

(baby spinach, tomato relish, ham & brie)

Chicken Special on a Roll or Wrap - \$6.00

(lettuce, chicken, fruit chutney, brie)

**SALADS**

MEDIUM SIZE \$5.00

LARGE \$7.00

Caesar Salad with Chicken, Ham, Egg & Parmesan

Greek Salad with Meslun, Cucumber, Tomato, Olives & Fetta

Avocado Salad with Lettuce, Tomato, Onion, Avocado

**PASTAS**

Bolognese Penne - \$6.00

Fettucine Carbonara - \$5.50

Italian Meatballs with Penne - \$6.00

Pesto Penne - \$5.50

Home Made Lasagne - \$6.00

Bolognese Tortellini - \$6.00

**PASTAS – GLUTEN FREE**

Bolognese Penne - \$6.00

Italian Meatballs with Penne - \$6.00

Pesto Penne - \$6.00

Home Made Lasagne - \$6.00

**Everyday Items – Hot Food (can be ordered for recess or lunch)**

Ham & Cheese Roll - \$3.00

Ham & Pineapple Pizza Bread - \$5.00

Potato Wedges w Sour Cream & Sweet Chilli - \$5.00

Chicken Tenders & Chips - \$5.50

Chicken Schnitzel & Wedges - \$6.00

Mac & Cheese (recess) \$5.00 or lunch size \$5.50

Butter Chicken (Wednesday & Thursday) - \$6.00

Lasagne & Gluten Free Option (Thursday) - \$6.00

Garlic Bread - \$1.50

Burritos or Chicken Enchaladas - \$6.00

Italian Meatballs with Penne - \$6.00

Pulled Pork Roll (Tuesday & Wednesday) - \$6.00

Wonton Soup - \$5.00

### **Pies & Sausage Rolls**

Traveller Beef Pie - \$5.00

Beef & Potato Pie - \$5.00

Sausage Roll - \$4.50

Spinach & Ricotta Sausage Roll - \$4.50

Tomato Sauce \$0.50c      BBQ Sauce \$0.50c

## **BURGERS**

Chicken Burger - \$6.00

(lettuce, carrot, cheese, mayo & chicken pattie)

Chicken Parmi Burger - \$6.00

(lettuce, cheese, salsa, mayo & chicken pattie)

Peri Peri Burger - \$6.00

(lettuce, tomato, peri peri sauce & chicken pattie)

Beef Burger - \$6.00

(lettuce, tomato, beetroot, carrot, onion, cheese & beef pattie) with  
tomato or BBQ sauce

Cheese Burger - \$5.50

(lettuce, cheese, beef pattie with tomato or BBQ sauce)

**\*\* Please note you can add or take anything off the burgers when  
ordering \*\***

## SNACKS

Custard or Yoghurt (plain, w berries or w muesli) - \$2.00

Hommus or Salami Nibbles Packs - \$6.00

Meatballs with salad, rice & tzatziki sauce - \$6.00

Muffins - \$2.00

Sea Salt Chips \$2.00    Honey Soy Chips \$2.00

Fruit Cup \$2.50

Quelch Ice Block \$1.00

Twisted Frozen Yoghurt .. Strawberry or Chocolate w Vanilla \$2.50

Wildberry or Lemonade Juicies - \$2.00

Ordering can be done online at [flexischools.com.au](https://flexischools.com.au) or please come to  
the Canteen Counter and order **before 9.00am**

CANTEEN STAFF: CAROLYN, KRISTY, CATHERINE & GRACE

**PROUDLY RUN BY MOSS VALE HIGH SCHOOL  
P & C ASSOCIATION**