



TOORAK PRIMARY SCHOOL LUNCH LIST - 2016

EVERYDAY
FOODS

SELECT
CAREFULLY

OCCASIONAL
FOODS

SANDWICHES / ROLLS - WHITE OR W/MEAL

Rolls & pita wraps extra 50c (Gluten free pita available)

● Cheese	\$3.00
● Egg	\$2.90
● Meat (ham / turkey / roasted chicken / tuna)	\$3.90
● Schnitzel	\$5.00
● Avocado	\$3.00
● Vegemite / honey / jam	\$3.00
● Salad	\$4.20

Add 60c for the following items: lettuce, tomato, mayo cheese, cucumber, carrot. Add \$1.00 for avocado, Add \$1.80 for salad

HOT FROM THE OVEN

● Mexican nachos - with sour cream (gluten free)	\$6.70
● Hot dog - skinless + w/meal roll	\$3.20
● Beef burger - lettuce + tomato + pineapple + mayo or tomato sauce (WED)	\$6.00
● Baked crumb chicken burger - tomato + lettuce + cheese (FRI)	\$5.00
● Honey soy chicken + rice	\$5.00
● Homemade chicken + corn soup (term 2 / 3 only)	\$2.80
● Gluten free pie	\$6.50
● Gluten free sausage roll	\$4.50
● Lite meat pie	\$3.80
● Sausage roll	\$3.50
● Lasagna / spaghetti / swirls / mac & cheese / beef stir fry noodles	\$4.60
● Vegetarian noodles / vegetarian rice	\$4.00
● Chicken fried rice	\$4.60
● Party pie / party sausage roll	\$1.80
● Pizza - hawaiin / margarita	\$3.80
● Quiche - ham + cheese	\$4.50
● Steamed rice	\$2.50
● Toasted sandwich - ham + cheese / tomato + cheese	\$4.50
● Veggie pastie	\$3.80
● Sweet chilli wrap - mayo + lettuce + tomato	\$5.00
● Steamed dim sim	\$1.00

Add 30c for tomato sauce / soy sauce

SUPER SALAD BAR

● Greek style salad with feta + olives	\$5.00
● Tuna delight - tuna + rice + spinach + grated carrot	\$5.00
● Supremo salad box - falafel balls + chickpeas + sweet corn + refreshing tomatoes + carrots with hummus	\$6.00
● Continental pasta - twirl pasta + juicy corn + olives + crunchy celery	\$5.00

NIBBLE PACKS

● Bits to bites - crackers + 2 dips + sultanas + cheese	\$3.50
● Munch magic - crackers + 1 dip carrot + celery sticks + strawberries	\$3.80

MOUTH WATERING FRUIT

● Apple / banana / orange / pear / kiwi	\$1.50
● Fresh fruit combo cup (mixed seasonal fruit) Add a dash of yoghurt for 50c	\$4.50

HOT PACKS

● Chicken delight - 4 oven baked nuggets served with carrots + corn cob	\$5.00
● Delish Fish - lightly crumbed baked fish fillet garden salad	\$4.50
● Taco salad - soft chicken taco with garden salad	\$5.50

SNACKS

● Le snack cheese dip	\$1.50
● Sultanas	\$1.00
● Carrot / celery sticks	\$1.20
● Cheese sticks	\$1.00
● Classic popcorn (cheese / salt + vinegar)	\$2.00
● Banana bread	\$2.50
● Corn chips low salt	\$3.00
● Choc chip cookie	\$1.60
● Hot apple + cinnamon finger	\$2.50
● Muffin - blueberry / choc chip	\$3.00
● Piranha chips 25gm - BBQ cheese / salt + vinegar / honey soy	\$1.50

COLD SNACKS

● Jelly cups - orange / raspberry / blackcurrent	\$1.60
● Fruit Sorbet - lemon / orange + mango / pomegranate	\$3.80
● Sorbet - coconut / tropical sorbets	\$4.20
● Frozen fruit sticks / Zing sour tube	\$1.00
● Yoghurt cup - plain \$2.00 raspberry / passionfruit	\$2.50
● Weiss mango bar	\$3.50
● Sushi Rolls - vegie / tuna / avo / cucumber chicken / california	\$3.00

DRINKS

● Milk - plain	\$ 1.10
● Big M - choc / strawberry \$2.00	Big M - banana \$2.20
● Up & Go - choc / strawberry / banana	\$2.30
● Bottled water	\$2.00
● Popper Juice - apple / orange / tropical / apple+blackcurrent	\$1.50
● Ribena	\$1.50
● Sparkling Mineral Water - strawberry / lemon / grape / mango / watermelon	\$2.50
● 100% Fruit juice - lemonade / orange / apple passionfruit	\$2.50
● Chilled iced tea - lemon / peach / raspberry	\$2.50
● Coconut water - apple+berry / tropical	\$2.00

KEEP AN EYE OUT FOR OUR
MONTHLY ONLINE SPECIALS!

Please write your order clearly on an envelope or paper bag and enclose the correct money as no change will be given or order online at www.flexischools.com.au

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Office hours: 7am - 2pm