

# St Vincent's Canteen Menu 2017

The Canteen is open each Friday for Recess and Lunch

During Term 2 and 3 there will be a 'Weekly Special'

Please see the newsletter each week to find out what it will be.

Look at our on line ordering system at [www.flexischools.com.au](http://www.flexischools.com.au)

If using a paper bag mark lunch order clearly with your child's name, class, cost. Enclose money.

<b>Recess – Over the counter</b>		<b>Lunch - Over the counter</b>	
Home bake	50c	Jelly	50c
Fresh fruit cups	\$1.00	Snacks	20-50c
Banana Choc Pops	\$1.00	Ovalteenies (limit 2)	\$1.00
Popcorn	\$1.00	Spinach triangle (Large)	\$2.00
		Grain Waves or GF Piranha Chips	\$1.00
		Icy Poles (Term 1 & 4 only)	\$1.00
<b>Lunch Orders- Only</b>			
Sandwiches-Wholemeal / White With choice of Vegemite, Cheese, Ham, Tomato, Lettuce 1 filling	\$2.00	Sausage roll – large (lean meat)	\$3.00
2 or more fillings <i>Toasted option – Free</i>	\$2.50		
Ham salad roll- Lettuce, Cucumber, carrot, tomato, mayo	\$3.00	Chicken burger with lettuce/mayo (real chicken on a wholemeal roll)	\$4.00
		Corn cob	\$1.00
Hash Browns (limit 2)	50c	Mini meat pie	\$1.00
Beef & Vege Roll (Gluten Free)	\$3.00	Sauce	20c
		Bag	10c
<b>Drinks</b>			
Pop tops- orange, apple, apple & blackcurrant juice	\$2.00	Plain milk	\$1.50
		Milk and Sippah Straw (choc, strawberry, banana, marshmallow, caramel, cookies and cream, choc mint, honeycomb, raspberry fields, lamington dream, mango smoothie)	\$2.00
Water	\$1.50		



Order Online @ [flexischools.com.au](http://flexischools.com.au)

- Replaces paper bag orders
- Pre-paid online. No cash required
- Faster and more accurate
- Order in the morning or a week in advance

### Registration is easy and free!

Using any PC, go to [www.flexischools.com.au](http://www.flexischools.com.au)

- 1) Click Register Now! and enter your email
- 2) You are emailed a link to the online form.  
Choose your own username and password  
and enter your contact details
- 4) For each child, click "Add a student" and  
follow the prompts to place an order

You will be required to top-up your pre-paid account. VISA or Mastercard preferred. Transaction fees may apply - see online.