July 2022 SINGLETON PUBLIC SCHOOLS







Order Online though Flexischools

# **Sandwiches**

Wraps and Rolls add Gluten Free Roll add	\$1.00 \$1.50
Vegemite or Jam	\$2.00
Cheese	\$2.50
Salad	\$4.00
Egg	\$3.00
Ham	\$4.00
Chicken	\$4.00
Tuna	\$4.00
Chicken Caesar Wrap	\$6.50
Additions	
Lettuce	\$0.50
Tomato	\$0.50
Cucumber	\$0.50
Carrot	\$0.50
Beetroot	\$0.50
Onion	\$0.50
Cheese	\$0.50
Extra Meat	\$2.00
Toasting available	

#### **Salad Tubs**

Basic (250ml)	\$3.00
Basic Large	\$4.50
Basic = lettuce, tomato, carrot, o	cucumber, onion,
beetroot, mayo	

#### Add

Cheese	\$0.50
Egg	\$1.00
Chicken	\$2.50
Ham	\$3.00
Caesar Salad	\$5.00
Chicken Caesar Salad	\$6.50
Quiche and Salad	\$6.00
Zucchini Slice and Salad	\$6.50

### **Hot Food**

Hash brown	\$1.00
Garlic Bread (2 pieces)	\$1.50
Garlic and Cheese Bread	\$2.00
Sweet Chilli Cheese Bread	\$2.00
Spring Rolls Bag of 4	\$2.00
Spring Rolls Bag of 6	\$3.00
Chicken Nuggets Bag of 3	\$2.00
Chicken Nuggets Bag of 6	\$4.00
<b>GF</b> Chicken Nuggets Bag of 3	\$2.00
<b>GF</b> Chicken Nuggets Bag of 6	\$4.00
Cheese Pizza (Tomato Base)	\$3.00
Ham Pizza (Tomato Base)	\$3.50
Hawaiian Pizza (Tomato Base)	\$4.00
Meat lovers Pizza (BBQ base)	\$4.50
Chicken and Ham (BBQ Base)	\$5.00
Sweet Chilli Chicken Wrap	\$5.50
Chicken Burger	\$6.00
<b>GF</b> Chicken Burger	\$7.00
Beef Burger	\$6.00
Meatball Sub small (Tuesday Only)	\$4.00
Pumpkin Soup GF (Winter Only)	\$3.00
Chicken and Corn Soup (Winter Only)	\$3.00
Sausage Roll Small	\$3.00
Plain Beef Pie Small	\$3.00

# **Sweet & Savoury**

Jelly Cup <b>GF</b>	\$1.00
Chocolate Mousse Cup <b>GF</b>	\$1.00
Vanilla Custard Cup	\$1.00
Cheese & Jatz or Rice GF Biscuit	\$1.20
Red Rock Deli Sea Salt Chips <b>GF</b>	\$1.70
Grainwaves – SC and Chives	\$1.70
Piranha – Light and Tangy <b>GF</b>	\$1.70

# Crunch & Sip

Crunchy Vegies and Beetroot Dip	\$2.50
Piece of Fresh Seasonal Fruit	\$1.50
Seasonal Fruit Salad Small (100ml)	\$2.00
Seasonal Fruit Salad Large (250ml)	\$3.00

#### **Drinks**

Water 350ml	\$1.50
Water 600ml	\$2.00
Mineral Water Sparkling	\$1.50
Oak Chocolate Milk 300ml	\$2.50
Oak Strawberry Milk 300ml	\$2.50
Oak Vanilla Malt Milk 300ml	\$2.50
Apple Pop Top 200ml	\$2.50
Orange Pop Top 200ml	\$2.50
Apple Blackcurrant Pop Top	\$2.50

#### **Ice Blocks**

Frozen Pineapple Ring Quelch 99% Fruit Juice Stick Pineapple Juice Cup	\$1.00 \$0.80 \$0.50
Strawberry Milk Cup	\$0.50
Chocolate Milk Cup	\$0.50
Orange Juice Cup	\$0.50
Apple Blackcurrant Cup	\$1.00
Chocolate Moosie	\$1.60
Wildberry Juicie's Tube	\$1.50
Tropical Juicie's Tube	\$1.50
Bulla Light Vanilla Ice Cream	\$1.50
Paddle Pop Banana	\$2.00
Paddle Pop Chocolate	\$2.00
Paddle Pop Rainbow	\$2.00