


Northlakes High School Canteen Menu 2021

SALADS

| | | | | | |
|--|---|-------|----------------|-------|----------------|
| Salad Only (Lettuce, tomato, beetroot, carrot, cucumber) | | | | | \$ 3.50 |
| Egg & Salad | | | | | \$ 4.00 |
| Egg Caesar Salad | | | | | \$ 4.00 |
| Cheese & Salad | | | | | \$ 4.00 |
| Meat & Salad (Ham, Roast Beef, Chicken, Tuna OR Salmon) | | | | | \$ 4.50 |
| Chicken Caesar Salad | | | | | \$ 4.50 |
| Fruit Salad |  | Small | \$ 2.00 | Large | \$ 4.00 |
| Watermelon | | Small | \$ 1.00 | Large | \$ 2.00 |
| Pasta Salad | | | | | \$ 3.00 |

SUSHI

| | | |
|------------------|---|---------------|
| Teriyaki Chicken |  | \$4.00 |
| Tuna | | \$4.00 |
| Vegetarian | | \$4.00 |
| Vegan Sushi Roll | | \$4.00 |

Online ordering is available at www.flexischools.com.au

SANDWICHES / ROLLS

| | |
|-------------------------|----------------|
| Ham OR Roast Beef | \$ 3.50 |
| Ham OR Roast Beef Salad | \$ 4.30 |
| Chicken | \$ 4.00 |
| Chicken Salad | \$ 4.50 |
| Chicken, Lettuce & Mayo | \$ 4.30 |
| Chicken & Cheese | \$ 4.30 |
| Egg & Lettuce | \$ 3.20 |
| Cheese | \$ 2.50 |
| Cheese & Vegemite | \$ 2.70 |
| Vegemite | \$ 2.20 |
| Egg OR Cheese Salad | \$ 4.00 |
| Cheese & Tomato | \$ 3.00 |
| Ham, Cheese & Tomato | \$ 3.80 |
| Ham & Cheese | \$ 3.50 |
| Salad Only | \$ 3.50 |




Wraps & Toasting
No Extra Cost

BREKKIE

| | | |
|--------------------------|---|----------------|
| Toast |  | \$ 1.00 |
| Cheese & Bacon Roll | | \$ 2.00 |
| Cheese & Vegemite Scroll | | \$ 2.00 |
| Fresh Fruit | | \$ 0.80 |

COLD TREATS

| | | |
|---|---|----------------|
| Juicies (Lemonade, Orange, Wild Berry, Tropical) |  | \$ 1.30 |
| Ice Mony (Blue, Raspberry, Chocolate, Lemonade) | | \$ 1.00 |
| Custard / Jelly | | \$ 1.00 |
| Snapstix (Grape, Blueberry, Raspberry, Pineapple) | | \$ 1.20 |
| Bulla light Ice cream Cup | | \$ 1.50 |

DRINKS

| | | | | | |
|--|--|-------|----------------|-------|----------------|
| Hot Milo | | | | | \$ 1.50 |
| Plain Milk | | 600ml | \$ 1.80 | 1L | \$ 3.00 |
| Flavoured Milk – Small (Chocolate, Strawberry) | | | | 300ml | \$ 2.00 |
| Flavoured Milk – Large (Chocolate, Strawberry, Vanilla, Coffee, Caramel) | | | | 500ml | \$ 3.00 |
| Water | | 600ml | \$ 2.00 | 750ml | \$ 3.00 |
| Up & Go (Vanilla, Chocolate, Caramel, Banana, Strawberry) | | | | | \$ 2.50 |
| Just Juice Popper (Orange, Blackcurrant, Apple, Paradise Punch) | | | | | \$ 1.20 |
| Orchy Juice (Apple, Orange, Passionfruit, Pineapple, Apple Blackcurrant) | | | | 250ml | \$ 2.50 |
| Chill J (Watermelon, Grape, Raspberry, Orange, Passion, Blackcurrant) | | | | | \$ 2.00 |
| Mt Franklin Still Flavoured Water (Lime, Strawberry & Pineapple Mint) | | | | 600ml | \$ 3.50 |
| Coke Variety (Coke Zero, Diet, Coke) | | | | Cans | \$ 2.50 |
| Mt Franklin Light Sparkling (Berry, Lime, Mango) | | | | | \$ 2.00 |
| Glee (Grape, Watermelon, Raspberry) | | | | 250ml | \$ 2.00 |
| Kirks sugar free (Lemonade, Creaming Soda, Lemon) | | | | 250ml | \$ 2.00 |



SNACKS

| | |
|-------------------------------|----------------|
| Cob Sea Salt Popcorn | \$ 2.00 |
| Muffin (Blueberry, Chocolate) | \$ 2.00 |
| Red Rock Chips (Plain) | \$ 1.20 |
| Grainwaves | \$ 1.20 |
| Eucalyptus Drops | \$ 2.00 |



HOT FOOD

| | |
|------------------------------------|----------------|
| Garlic Bread | \$ 1.50 |
| Plain Pie | \$ 3.50 |
| Sausage Roll | \$ 2.50 |
| Cheese & Spinach Roll | \$ 2.50 |
| Pizza Rounda | \$ 2.80 |
| Lasagne | \$ 3.50 |
| Meatball Sub | \$ 4.50 |
| Chicken or Roast Beef & Gravy Roll | \$ 4.50 |
| Chicken Wrap | \$ 4.00 |
| Chicken Salad Wrap | \$ 4.50 |
| Chicken Burger | \$ 4.30 |
| Hawaiian Burger | \$ 5.50 |
| Chicken Nuggets (4 pack) (GF) | \$ 2.60 |
| Mac & Cheese | \$ 3.50 |
| Chicken or Beef Noodle Cup | \$ 2.50 |
| Spaghetti Bolognese | \$ 5.00 |
| Nachos | \$ 5.50 |
| Butter Chicken | \$ 5.50 |
| Cheese & Bacon Roll | \$ 2.00 |
| Cheese & Vegemite Scroll | \$ 2.00 |
| Sauce (BBQ, Tomato) | \$ 0.40 |



