

Frankie's Tuckerbox Menu - Semester 1, 2016

Open 8.15am – 2.00pm

TASTY HOT FOOD

 Mac n Cheese	\$4.00
Mini Sweet Chilli Chicken Wrap – with lettuce & mayo	\$3.50
Dino Nuggets (5)	\$2.60
 Spaghetti Bolognaise	\$4.00
 GF Spaghetti Bolognaise	\$5.00
Hot Dog	\$2.50
 Yummy Pizza Slice	\$3.50
Hawaiian or Margarita or Ham	
Large Scrumptious Vegemite & Cheese Scroll	\$2.20
 Garlic Bread	\$1.20
Toastie – Spaghetti or Baked Beans	\$2.20
Sausage Roll	\$2.50
 Beef Burger - with cheese & choice of sauce	\$3.50
- with Salad	\$4.00
Traveller Pie	\$3.60
Beef Party Pie	\$1.20
Fish Fingers (3)	\$2.00

Build your own SANDWICHES

Choice of white or wholemeal bread

Chicken	\$2.40
Ham	\$2.00
Tuna	\$2.00
Egg	\$1.90
Add Cheese	+ .50c
Add Salad	+ \$1.50
Add Mayo/Sauce	+ .20c
Toasted	+ .20c
Wrap it or roll it	+ .50c

Quick & Easy SANDWICHES

Choice of white or wholemeal bread. Toasted. No changes

Vegemite	\$1.50
Jam	\$1.50
Cheese	\$1.90
Cheese & Tomato	\$2.00
Egg & Lettuce	\$2.20

FRESH & HEALTHY SALAD BOWLS

Salad – lettuce, carrot, cherry tomatoes, cucumber, cheese & salad dressing	\$3.50
Caesar Salad – lettuce, egg, bacon, croutons, parmesan cheese & dressing	\$3.50
Add Egg (included in Caesar)	\$0.80
Add Tuna	\$1.00
Add Ham	\$1.20
Add Chicken	\$1.50

Tomato/BBQ/Sweet n Sour Sauce/Dressing .30c

YUMMY SNACKS

Watermelon Cup/Orange Wedges/Apple pieces	\$1.00
Boiled Egg	80c
Cucumber Sticks or Carrot Sticks	80c
Snack Pack carrot sticks, cucumber sticks, cheese cubes & cherry tomatoes.	\$2.00
Cheese & Crackers (6 of each)	\$1.20
Custard Cup	\$1.20
Vaalia yogurt cup – vanilla or strawberry & raspberry	\$2.20
 Anzac Cookie	\$1.00
 Cake slice/cookie or muffin of the day	\$1.00
 Gluten Free Muffin or cookie	\$1.50
Air popped popcorn	\$1.00
Jumpys – Chicken	\$1.20
Pretzels	\$1.20
Gluten Free Zombie Munchies	\$1.40
Packet chips (40gm)	\$1.40

REFRESHMENTS

Water (600ml)	\$1.50
Fruit Juice Popper (200ml)	\$2.00
Fresh Milk (130ml)	\$1.30
Flavoured Milk (300ml) Chocolate, Strawberry, Banana, choc honeycomb	\$2.00
Up & Go (250ml)	\$2.40
Sparkling Fruit Juice Water (350ml)	\$2.00

FROZEN TREATS

Moosie – Chocolate, strawberry or banana	\$1.20
Snappy/ Quench Fruit Stick	50c
Mini Calippo	\$1.20
Lemonade Twist	\$1.20

DAILY MEAL DEALS

Monday – Wednesday only

Each meal deal is served with cake slice/cookie of the day, seasonal fruit & choice of water or juice

\$5.20

**1 – Hotdog 2 – Sausage Roll
3 – Dino Nuggets**

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Made from onsite from fresh & local ingredients where possible

All counter orders will incur a 20c processing fee. Phone orders not accepted.

Ordering on Flexischools is super easy! Online ordering can be accessed on any computer or device and is available 24/7.

Go to flexischools.com.au and register for an account and place orders until 9am daily!