

THE KIDS KITCHEN TERM 1 2020

SNACKS

Carrot and Cucumber sticks.....	\$1.00
Boiled Egg (GF)	\$1.00
Salted Popcorn (GF)	\$1.50
Cheesy Toast	\$1.50
Chocolate Brownie.....	\$2.00
Bacon and vegetable muffin.....	\$2.00
Tortilla chips.....	\$1.00
Vanilla yoghurt	\$0.70
Snack Pack (carrot, cucumber, boiled egg, cheese cubes, rice crackers, GF,V)	\$3.50
3 Chunky Watermelon Slices	\$1.50

Homemade Mini Pizza	\$3.50
---------------------------	--------

MAINS

Hawaiian Ham & Cheese Cheese (V)	\$2.50
Sushi Roll x1	\$3.50
(Chicken or Tuna Mayo or Avocado)	
Seasonal Salad, with	\$3.50
(Boiled Egg or Roast Chicken or Cheese Cubes)	
Oven Baked Potato Gems	\$3.00
Egg fried rice with veggies	\$3.50
Tuesday: Pasta Bolognese	\$4.00
Thursday: Burger (Beef or Veggie) with cheese.....	\$4.50

SANDWICHES AND WRAPS

Roast chicken and salad roll	\$4.50
Cheese	\$2.00
Vegemite or Jam.....	\$2.00
Ham or Chicken.....	\$2.50
Egg	\$2.50
add cheese	\$0.50
add lettuce	\$0.50
add tomato	\$0.50
Wrap	\$0.80
Toasted	free



ORDER AT

flexischools.com.au

BY 9:00AM

Tuesdays & Thursdays



TREATS

DRINKS

Milk Cup.....	\$1.00
Bottled Water.....	\$1.50
Milo Warm or Cold.....	\$1.50
E&T Milk Poppers.....	\$2.30
Strawberry or Chocolate	
E&T Juice 250ml	\$2.60
Apple or Orange or Tropical	

1/2 Sugar Free-zie	30c
Sugar Free-zie.....	60c
Mini Frozen Yoghurt Sticks	50c
Mini Calippo.....	\$1.00
Frozen Grape Cup.....	\$1.00
Icy Twist	\$1.20
Nut Free Ice Cream Tub (GF)	\$1.50
Shakey Shake.....	\$2.00
Healthy Slush.....	\$2.00
Rainbow Paddlepop	\$2.00