

# Canteen Menu



Please place your order on a brown paper bag stating your full name, class and order. Correct money is greatly appreciated. [www.flexischools.com.au](http://www.flexischools.com.au) for online orders.

## Tastebuds Torquay College 2023

### SANDWICHES/WRAPS/ROLLS

(Wholemeal or Multi Grain)

Base price of \$2.00 then add from the selection below.

All can be toasted also at no extra charge.

#### ◆ Meats

Choice of Ham, Chicken, Tuna or Salami  
\$1.50 per selection

#### ✪ Dairy & Egg

Choice of Cheese, Feta, Egg, Curried Egg or Cream Cheese  
\$0.50 per selection

#### ✪ Salad

Choice of Lettuce, Carrot, Beetroot, Tomato or Cucumber  
\$0.50 per selection

#### ✪ Roast Vegetables

Choice of Capsicum, Eggplant, Zucchini or Pumpkin \$0.75 per selection

#### ◆ Spreads

Choice of Vegemite, Jam, Mayonnaise, Mustard, Tomato Sauce or Tzatziki  
\$0.25 per selection

### HOT FOOD

#### ✪ Homemade Zucchini Slice

Fresh homemade zucchini slice \$4.50  
(contains egg and gluten)  
Add garden salad for \$2.00

#### ✪ Beef Lasagne

Homemade beef lasagne \$5.00  
(contains dairy and gluten)  
Add garden salad \$2.00

#### ✪ Spaghetti Bolognaise

Homemade bolognaise sauce with spaghetti \$5.00  
Please specify if gluten free is required.

#### ✪ Penne Napoli

Homemade napoli sauce with penne pasta \$4.50  
Please specify if gluten free is required.

#### ✪ Burgers: Beef, Chicken or Veggie

Your choice of beef, chicken or vegetable pattie served with tomato, lettuce, cheese and tomato relish in a pita bread pocket \$5.00

#### ✪ Sausage or Veggie Roll

Homemade sausage roll filled with healthy vegetables and beef or a vegetable roll filled with healthy vegetables  
\$4.50 each, with sauce add \$0.20

#### ◆ Good Eating Beef Pie

Beef Pie from the Patties Good Eating Range \$4.50  
with sauce add \$0.20

#### ◆ Pizza Slice

Margarita, Hawaiian or Supreme \$4.00

#### ✪ Fried Rice

Homemade fried rice with bacon pieces and vegetables \$5.00

### HOT SNACKS

#### ◆ Good Eating Party Pie

Beef Party Pie Patties Good Eating Range \$1.20  
with sauce add \$0.20

#### ✪ Corn on the Cob

Steamed baby corn cob \$1.20

#### ✪ Party Sausage Roll or Veggie Roll

\$1.20 with sauce add \$0.20

#### ✪ Spinach & Ricotta Filo

Small filo parcel filled with spinach and ricotta \$1.20

## SNACKS

### ⊕ Popcorn

Fresh popped popcorn \$1.00

### ⊕ Freshly Baked Muffin

Freshly baked muffin flavours changing daily.  
Contains fruit and wholemeal flour \$1.00

### ◇ Freshly Baked Cookie

Freshly baked cookie \$0.70

### ◇ Gingerbread Cookie

Freshly baked gingerbread cookie \$2.00

### ⊕ Fresh Fruit

Fresh seasonal fruit \$1.00

### ⊕ Yoghurt with Fresh Fruit Coulis

Fresh yoghurt with fruit coulis \$2.00  
or plain \$1.20

### ⊕ Rice Crackers, Dip & Veggie Sticks

\$2.50

### ⊕ Fruit Salad

Seasonal fresh fruit \$3.00

## DRINKS

### ⊕ Big M Flavoured Milk

Chocolate or Strawberry reduced fat \$2.50

### ⊕ Water

Mount Franklin 600ml \$2.00

### ◇ Just Juice

100% Fruit Juice. Available in Orange,  
Apple and Apple & Blackcurrant \$2.50

### ⊕ Fruit Smoothies

Weekly Flavours \$3.00

## FROZEN BITS

*(These items need to be picked up at the canteen counter at lunch) All bags with these items are stamped with a red stamp please if you have a prep child let them know to pick up their frozen item by taking their lunch bag to canteen.*

### ⊕ Frozen Yoghurt with Fruit Coulis

Yoghurt with fruit coulis \$1.50

### ◇ Icy Twist / Mini Calippo

Streets Icy Twist and Calippo \$1.50

### ◇ Ice-Cream Cup

Ice-cream scoop in cup with Milo \$1.20

### ⊕ Frozen Pineapple Rings

\$0.50

## SUSHI

*(Available Tuesday and Wednesday only)*

### ⊕ Cooked Tuna Sushi

Cooked tuna, mayo, lettuce and cucumber  
2 rolls for \$6.50

### ⊕ Teriyaki Chicken Sushi

Chicken strips, lettuce, cucumber, carrot  
and mayo  
*(contains sesame seeds)*  
2 rolls \$6.50

⊕ = Green    ◇ = Amber

⊙ = Vegetarian option available

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