Alfred Deakin Canteen Term 2 2015- order online @ www.flexischools.com

						HOT FOOD			**DAILY SPECIALS**		
RECESS SPECIALS			**Sandwiches/Wraps/Roll**			Beef Burger with lettuce	$4.20	**a**			
			Sandwiches	$3.50	**g**	cheese & sauce			**MONDAY**	$3.00	
Fresh Fruit	$1.20	**g**	Wrap 1/2-	$3.50	**g**	**ROllS**	$3.70		Hommus dip with vegies		**g**
Pizza Toast	$1.50	**g**	Wrap (whole)	$6.00	**g**	**Sweet chilli chicken,**		**g**	**& crackers**		
Cookies	$0.50	**a**	Roll-	$3.50	**g**	Chili tender with lettuce&mayo					
Slices(canteen made)	$1.50	**a**	Toasted -50c extra			**Tandoori chicken**		**g**	**TUESDAY**	$4.00	**a**
Muffins(canteen made)	$1.50	**a**	Made to order with any of the following			Chicken,cucumber& mint mayo Sauce			Nachos with choice of		
			fillings,ham,chicken,tuna,egg,cheese			**Meatball Roll**		**g**	mince,salsa & cheese		
			tomato,cucumber,carrot,lettuce,			Fresh made meat balls sauce cheese					
			lettuce,with avocado or mayo						**Wednesday**		
			all (g) except ham see note			**PASTA-**	$3.40	**g**	Spaghetti / Meatballs	$4.00	**g**
						Canteen made tomato based			Cheese & Garlic Bread		
Salads-$2.50- $3.50			**Pre Made-Chilled**			sauce with cheese					
Fruit Salad	$2.50	**g**	Sandwiches/Rolls/Wraps						**THURSDAY**		
Salad Bowls	$2.50	**g**	Salad	$3.00	**g**	**Fried rice/Chick piece**	$4.00	**g**	Roast Beef roll	$3.70	**g**
Green- Lettuce,Tomato,Carrot		**g**	Chicken Salad	$3.50	**a**	canteen made rice/chicken/sauce			with choice of gravy or		
Cucumber,Celery			Cheese Salad	$3.50	**g**				sauce		
Meat Salad	$3.50	**a/r**	Chicken lettuce avo	$3.50	**a**	**SOUP**	$3.00	**g**			
Green Bowl plus Chicken or Ham			Ham salad-	$3.50	**r**	**Soup of the week with a**			**FRIDAY**		
Pasta Salad						foccica roll			Wedges-	$3.50	**a**
			TOASTED SANDWICH						Popcorn chicken&wedges	$4.00	**a**
			cheese	$3.00	**g**	**OTHER HOT FOOD**					
			ham & cheese	$3.50	**a/r**	Large Pie	$4.00	**a**			
DRINKS						Sausage Roll-good eating	$3.40	**a**			
Milk,Water,Juice						Pizza Pockets	$3.40	**a**			
$1.00 - $4.50		**a/g**	**PIZZAS** -	$3.20		Curry Puff-canteen made	$2.60	**a**	**ICE CREAMS**		
			Canteen made			Spinach & Ricotta Puff	$2.20	**a**	50C TO $2.00		
			Ham/pine/tomato base		**r**	Pizza Singles	$3.00	**a**	FROZEN YOGURT	$2.50	**a**
			Chicken/onion/capsicum		**a**	Nuggets	$2.60	**a**			
			Vegie-Tomato base/onion		**a**	160gm good eating pie	$2.80				
g= enjoy always			capsicum/pineapple			Lasagna	$3.50		All food can be ordered for lunch		
a= enjoy sometimes		**	ham is high in sodium so becomes red			Noodles in a cup	$2.50		online via flexischools at a		
r= enjoy rarely									reduced cost		