



Healthy Kids Canteen Menu

Alfred Deakin High School

Term 3

Order online at www.flexischools.com.au

Salad, sandwiches & wraps

Assorted in display fridge \$4.00 - \$5.00

Snacks

Piece of fruit	\$1.50
Cheese and crackers	\$2.50
Koala popcorn (lightly salted, BBQ, chicken)	\$2.00
Yoghurt (assorted flavours)	\$2.00
Berry muffin	\$2.00
Banana bread	\$1.50
Chocolate mousse cup	\$2.00

Drinks

Water: 600ml	\$2.00
Mt Franklin sparkling water	\$3.50
Juice apple or tropical	\$2.00
Plain milk: 300ml	\$2.00
Plain milk: 500ml	\$3.00
Flavoured milk (chocolate, strawberry): 300ml	\$3.00
Flavoured milk (chocolate, strawberry): 500ml	\$4.50
Dare Espresso	\$3.50
Glee lightly sparkling juice (blackcurrent, tropical or raspberry)	\$3.00
Up&Go (chocolate, caramel)	\$2.50
Hot chocolate	\$2.00

Daily hot specials

Monday

Burger (beef & cheese, crispy chicken)	\$5.50
Chicken wings	\$4.50
Pasta bolognaise	\$5.00
Toasted turkish (assorted flavours)	\$4.50

Tuesday

Taco salsa boat	\$3.50
Pie (beef, potato top pie, pizza flavour)	\$5.50
Honey/soy chicken noodles	\$5.00
Toasted pockets	\$3.00
Sushi (tuna, chicken, veggie)	\$3.50

Wednesday

Burger (beef & cheese, crispy chicken)	\$5.50
Chicken wings	\$4.50
Pizza (assorted flavours)	\$4.00
Sushi (tuna, chicken, veggie)	\$3.50

Thursday

Pasta bolognaise	\$5.00
Toasted wraps (chicken & cheese, veggie)	\$4.50
Crispy chicken sub	\$5.00
Vegetable frittata boat	\$3.50
Sushi (tuna, chicken, veggie)	\$3.50

Friday

Burger (beef & cheese, crispy chicken)	\$5.50
Oven baked wedges	\$3.50
Pizza (assorted flavours)	\$4.00
Meatball sub	\$5.00

Meal Deals

\$5.50 Meal Deals

- Deal #1: Two mini pies, 1 side, 1 drink
- Deal #2: Toasted cheese turkish, 1 side, 1 drink
- Deal #3: Mini chicken sub, 1 side, 1 drink

\$8.00 Meal Deals

- Deal #1: Burger, 2 sides, 1 drink
- Deal #2: Pasta bolognaise, garlic bread, 1 side, 1 drink
- Deal #3: Sweet chilli falafel wrap, 2 sides, 1 drink

Choice of sides:

- Milo cookie
- Chocolate mousse cup
- Garlic bread
- Berry yoghurt cup

Choice of drinks:

- Just juice popper (apple, orange, apple/blackcurrent)
- Water

Meal Deals are only available by pre-order online