



COLONEL'S KITCHEN MENU

PLEASE PRINT ME AND STICK ME ON YOUR FRIDGE!

CANTEEN MANAGER: KELLY GILBERT **PHONE:** 8276 7232 **EMAIL:** clgpscanteen@gmail.com

ONLINE ORDERS: www.flexischools.com.au (N.B. daily online order deadline is 9:00am)

REMINDER: all lunch orders (including Flexischool orders) received after 9:00am may not receive their preferred order.

REMINDER: FLEXISCHOOLS CLOSES FOR ONLINE ORDERING DAILY AT 9.00am

SANDWICHES, WRAPS & SALADS

(G F)	(GLUTEN FREE BREAD FOR OPTIONS No.1 - 9)	ADD	\$ 2.00
No. 1	CHICKEN		\$ 3.80
No. 1a	ADD SALAD (LETTUCE, CUCUMBER, CARROT, TOMATO)		\$ 6.60
No. 2	HAM		\$ 3.20
No. 2a	ADD SALAD (LETTUCE, CUCUMBER, CARROT, TOMATO)		\$ 6.50
No. 3	TUNA		\$ 3.50
No. 3a	ADD SALAD (LETTUCE, CUCUMBER, CARROT, TOMATO)		\$ 6.20
No. 4	CHEESE		\$ 2.50
No. 4a	ADD SALAD (LETTUCE, CUCUMBER, CARROT, TOMATO)		\$ 5.60
No. 5	(V) SALAD (LETTUCE, CUCUMBER, CARROT, TOMATO)		\$ 4.80
No. 6	BUTTER		\$ 1.30
No. 7	BUTTER & VEGEMITE		\$ 1.35
No. 8	CHEESE & VEGEMITE		\$ 2.80
No. 9	(V) SALAD TUB (LETTUCE, CARROT, CUCUMBER, CAPSICUM, TOMATO & A BREAD ROLL)		\$ 6.40

EXTRAS

BEETROOT, CARROT, CHEESE, TOMATO, CUCUMBER, CAPSICUM, LETTUCE	ADD	ea.	80	c
VEGEMITE, MAYONNAISE, MUSTARD, TOMATO SAUCE, SOUR CREAM	ADD	ea.	30	c
TOASTED SANDWICHES / WRAPS	ADD	ea.	20	c

HOT FOODS

(V) MACARONI CHEESE 250g		\$ 5.50
SQUIGGLELY TAIL PASTA BOLOGNAISE 200g		\$ 5.50
(V)(GF) VEGE FRIED RICE 200g / (GF) HAM FRIED RICE 200g / CHICKEN FRIED RICE 200g		\$ 5.50
COLONEL'S CRISPY CHICKEN WRAP (CHICKEN FILLET, LETTUCE, MAYO)		\$ 5.50
HOT ROAST CHICKEN ROLL (WITH MAYO)		\$ 5.50
COLONEL'S CHICKEN BURGER (CHICKEN FILLET, LETTUCE, TOMATO, MAYO)		\$ 6.80
	ADD CHEESE	\$ 7.10
CHICKEN FILLET		\$ 3.00
POTATO WEDGES		\$ 5.00
MEAT PIE		\$ 6.30
SAUSAGE ROLL		\$ 4.40
	ADD TOMATO SAUCE SACHET	ea. 30 c
HOTDOG		\$ 4.00
HOTDOG with CHEESE		\$ 4.70
	ADD MUSTARD / SAUCE	ea. 30 c
MEXICAN MELT (TOASTED TORTILLA, SALSA, ROAST CHICKEN PIECES & CHEESE)		\$ 4.90
	ADD SOUR CREAM	\$ 5.30
PIZZA (HOMEMADE - HAM & CHEESE) / (CHICKEN & CHEESE) / (V) (CHEESE) / (V) (TOMATO & HERB)		\$ 4.40
(GF) PIZZA (HAM & CHEESE)		\$ 4.80
MAMMEE CUP OF NOODLES		\$ 3.00

TUESDAY \$ ONLY

(GF)(V) NACHOS (CORN CHIPS, TOMATO SALSA & CHEESE)		\$ 4.00
	ADD SOUR CREAM	\$ 4.30

RECESS ONLY SNACKS

TORTILLA PIZZA SLICES	60	c
GARLIC BREAD	60	c
HOT CHOCOLATE (TERM 2 & 3 ONLY)	\$ 1.70	

TERM 2/3 WINTER WARMERS - LUNCH-TIME ONLY

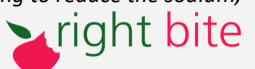
(GF)(V) HOT HOME-MADE CUP OF SOUP & BREAD ROLL (CHOICE OF: TOMATO / PUMPKIN / CHICKEN & SWEETCORN)		\$ 4.20
	PROVIDE OWN CUP WITH LID & RECEIVE 20c DISCOUNT	\$ 4.00

DIETARY LEGEND

(GF)	GLUTEN FREE OPTION
(V)	VEGETARIAN

All foods have been carefully selected to meet the 'Rite Bite' guidelines. This includes trying to reduce the sodium, fats, carbohydrates & sugar in our food. In some cases, portion sizes have been reduced.

* Items not meeting these guidelines are under review and are highlighted in red.



PRICES CURRENT AS OF JAN 2023



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FOOD ALLERGIES: Please be aware that while all care is taken when catering for specific dietary requirements, it must be noted that within these premises we also handle products containing sesame seed, wheat and dairy. Customer requests will be catered for to the best of our ability however, the decision to purchase and consume our meals does ultimately remain the responsibility of the parent and the student.

NEED A LUNCH ORDER? NO CASH? EASY... JUST ORDER ONLINE!!

flexischools



Set up your account

1 Download the Flexischools App

Note: for iPhone and iPad please select 'Allow' notifications.

2 Login/Register

- **Already a Flexischools user** – Enter your details and login. To save your login details select 'remember me'.
- **New Flexischools user** – Click 'Register', enter your email address and follow the instructions in the email to set up your account. Once your account is set up, add new student; search for their school, enter student details and select their class.

3 Top Up Your Account

To make ordering fast and simple, you can set up automatic top ups in your 'User Profile'.

Order

1 Place your Order

On the app home screen, scroll down to view your school services such as canteen and uniforms. Then **swipe left and right** to view all available services.

2 Make your Selection

Find the service and press 'Order', then select the items you wish to order.

3 Make Payment

Select your payment option and complete payment to place your order.



1 Order online at anytime

2 Enjoy cashless convenience

3 Pay with Visa, Mastercard, PayPal or direct deposit

DRINKS, SNACKS & FROZEN TREATS

GREEN SNACKS

FRESH FRUIT - APPLES	\$ 1.20
FROZEN FRUITS 50g -	
WATERMELON	50 c
ORANGE SLICES	50 c
MANGO	60 c
CRUNCHIES	50 c
POPCORN	30 c
APRICOT BELLIS BARS	50 c

AMBER SNACKS

CHIPS (HONEY SOY / SEA SALT)	\$ 1.60
(GF) CORNTOS (CHEESE / BBQ)	\$ 1.00

DRINKS

JUST JUICE (ORANGE / APPLE)	\$ 1.80
OAK MILK (CHOC / STRAW)	\$ 2.80
SPRING WATER	\$ 1.20

FROZEN SNACKS

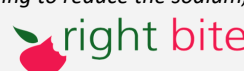
CHILLED / FROZEN CHOC CUSTARD	\$ 1.20
ICE CREAM SLICE	\$ 1.20
LEMONADE ICY POLE	\$ 1.20
SUNBURST ICE BLOCK (APPLE)	\$ 1.20
QUELCH	60 c

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