



open monday to friday, we ask that all orders are done by 9am.
snacks & drinks can also be purchased over the counter with cash

SNACKS

* red rock deli sea salt chips gf, v	\$3.00
* bread sticks v	\$1.50
* popcorn gf df v	\$3.00
* rice crackers gf	\$2.80
* seaweed snack packs gf	\$3.00
* carrot & cucumber sticks gf v	\$4.00
* carrot & cucumber sticks with hummus & lebanese bread v	\$5.00
* cheese & rice crackers gf	\$4.00
* low sugar jelly cups gf, df, vg	\$3.00
* custard cup vg	\$2.50
* whole fresh fruit - seasonal gf, v	\$1.50
* homemade muffins vg	\$2.50
* homemade cookies vg	\$2.50
* vaalia yoghurt pouches gf v	\$3.50
* gingerbread man	\$3.00

MORNING TEA COMBOS

* fruit cup, yoghurt pouch, cheese & crackers gf	\$7.00
* fruit cup, yoghurt pouch, cookie/muffin	\$7.00

SALADS

* melon tub gf v	\$5.00
* fruit salad tub gf v	\$5.50
* garden salad/with chicken gf vo	\$6.50/\$7.00
* caesar salad/with chicken	\$6.50/\$7.00
* greek salad/with chicken gf vgo	\$6.50/\$7.00
* tuna salad with corn, lettuce, carrot & cues gf	\$7.00

HOT FOOD

* vegetarian fried rice vg	\$5.00
* corn cob	\$2.50
* lean beef pie	\$5.50
* lean sausage roll	\$5.50
* chicken nuggets gfo	\$5.50
* chicken tenders	\$5.50
* beef cheese burger dfo	\$6.00
* chicken, lettuce & mayo burger	\$6.00
* lasagna	\$5.50
* pasta bolognese gfo, dfo	\$5.50
* pasta napolitana gfo, dfo, vg	\$5.00
* pasta and cheese gfo, dfo, vg	\$5.00
* meatballs & spaghetti gfo, dfo	\$6.00
* mac & cheese	\$5.50
* butter chicken gf	\$5.50
* pizza - margarita vg	\$5.50
* noodles - beef & chicken	\$4.30
* garlic bread/cheesey garlic bread vg	\$2.50/\$3.00
* meatball sub with cheese - avail wednsdays only	\$5.50
* sausage sizzle gfo - avail tuesdays only	\$4.50
* nachos gf, dfo, vgo - avail thursdays only	\$6.00

SUSHI (TERM 1 & 4 ONLY)

* chicken teriyaki roll gf, df	\$5.50
* avocado roll gf v	\$5.50
* tuna & cucumber roll gf, df	\$5.50

** avail mon-wed **

TOASTIES

* wholemeal toast - 2 slices gfo, vg, vo	\$2.50
* cheese toastie gfo, vg	\$3.80
* ham & cheese toastie gfo	\$4.80
* cheese & tomato toastie gfo, vg	\$4.80
* ham, cheese & tomato toastie gfo	\$5.30

SANDWICHES

* chicken & salad	\$5.80
* chicken, lettuce & mayo	\$5.50
* ham & cheese	\$4.80
* ham, cheese & tomato	\$5.30
* vegemite or jam vg	\$3.50
* cheese vg	\$3.80
* cheese & vegemite vg	\$4.00
* cheese & tomato vg	\$4.80
* egg, lettuce & mayo vg	\$5.00
* salad vg, vo	\$5.00
* cheese & salad vg	\$5.50
* tuna lettuce & mayo	\$5.50

** gfo available + \$1.00 **

TOASTED WRAPS

	half / full
* chicken caesar	\$5.00/\$6.50
* BBQ meat lovers	\$5.00/\$6.50
* BBQ chicken	\$5.00/\$6.50
* ham & cheese pizza	\$5.00/\$6.50
* ham, cheese & pineapple	\$5.00/\$6.50
* chicken, lettuce & mayo	NA/\$6.50
* cheese & spinach vg	NA/\$6.50

FROZEN ITEMS

* quelch fruit juice tube	\$1.50
* twisted frozen yoghurt	\$4.00
* moosie frozen milk treat	\$3.00
* ice many frozen treats	\$3.00
* snap stix	\$2.00

DRINKS

* 100% apple juice	\$3.80
* 100% apple blackcurrant juice	\$3.80
* bottle water	\$2.80
* plain milk	\$2.30
* hot chocolate	\$3.00
* NIPPYS chocolate flavoured milk	\$3.80
* NIPPYS strawberry flavoured milk	\$3.80
* chill j sparkling fruit juice	\$3.80

* everyday food * occasional food

CLAREMONT COLLEGE SCHOOL CANTEEN accepts online orders using flexischools - setting up an online account is easy!

- for all gluten free options add \$1.00
- all sandwiches and wraps are made with wholemeal
- all cheese is mainland reduced fat tasty cheese
- all chicken is marinated in garlic & mustard and baked (on-site)

1. go to www.flexischools.com.au
2. select register option & enter your email address
3. you will be sent an email, click on the link to complete
4. fill in your details on the registration form & submit
5. add your students, select their school & class

OUR KITCHEN IS ALLERGY AWARE
according to healthy canteen strategy of NSW you should fill at least 3/4 of your menu with everyday snacks, meals and drinks, with occasional items making up 1/4 of your menu
<https://healthyschoolcanteens.nsw.edu.au>