

## **BLUE GUM CANTEEN MENU 2025**

OPEN: TUESDAY, WEDNESDAY, THURSDAY AND FRIDAY ONLINE ORDERING: www.flexischools.com.au or via Flexischools app

### Pikelet Pack (4) (E) Custard Cup (E) (GF) Popcorn Bag (E) (GF) Hot Pocket (E) Pikelet Individual (E)

\$1.50

\$1.50

\$0.50

\$2.00

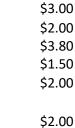
\$0.50

## **DRINKS** Sipaah straw with milk (E) (GF) Glee sparkling juice (E)

# Juice Popper (E) Chocolate Milk Popper (E)

water (E) (GF)	
Hot Milo (E)	
(Terms 2 and 3 only)	

Frozen juice popper (E) (Terms 1 & 4 only)



\$2.50

# **HOT FOOD**

Butter Chicken and Rice (E)(GF)	\$6.50
Chicken Nuggets (5) (O)	\$3.00
GF Chicken Nuggets(O) (GF)	\$5.00
Sausage Roll (O)	\$4.50
Tomato Penne Pasta (E)	

\$2.00

\$3.00

\$2.00

\$3.00

\$1.00

\$5.00

\$5.00

Tomato Penne Pasta (E) Small

Large

Ham and Cheese Macaroni (E) Small Larae

\$3.00 \$3.00 Garlic Bread (O) Meat Pie (O) \$5.50 Tomato/BBQ sauce \$0.50

Hot Dog (Tues and Wed only)

Boiled Rice (E)

**BURGERS (Friday only)** 

Cheeseburger-meat patty, cheese and choice of sauce (E) Chicken Burger- chicken patty,

lettuce and choice of sauce (O)

## **FRUIT AND VEGE** (seasonal)

Carrot sticks (E) (GF)	\$1.50
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Apple (E) (GF)	\$1.50
Melon Cup (E) (GF)	\$1.50
Mixed Fruit Cup (E) (GF)	\$2.00
Grape Bag (E) (GF)	\$1.50
Orange Pieces (E) (GF)	\$1.50
Banana (E)	\$1.50



Lo Fat Ice Cream Tub(O) (GF)
Snappy (E)
Icy Cup (E)
Animal Pop (E)
Frozen Yoghurt- <i>Chocolate or</i>
Strawberry (O)
Quelch stick (E) (Terms 1 & 4
only)

Lo Fat Ice Cream Tub(O) (GF
Snappy (E)
Icy Cup (E)
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only)

\$0.50

SALADS	
Salad Tub (E) (GF) Lettuce,	\$4.50
tomato, grated carrot and	
cucumber).	
add ham (E) (GF)	\$0.50
add cheese (E)	\$0.50
	Salad Tub (E) (GF) Lettuce, tomato, grated carrot and cucumber). add ham (E) (GF)

### **BIRTHDAY BUCKET**

Fun bucket filled with enough ice blocks for the whole class!



### **SANDWICHES/WRAPS** AND TOASTIES

### All sandwiches are made on \$15.00

wholemeal bread unless otherwise	2
requested.	
Vegemite Sandwich (E)	\$2.00
Jam Sandwich (E)	\$2.00
Cheese Toastie (E)	\$2.00
Ham & Cheese Toastie(E)	\$2.20
Chicken, Lettuce and Mayo	
Wrap (O)	\$4.50

Salad Wrap (E) \$5.00 \$1.10 add chicken (O) \$0.50 add ham (E) \$0.50 add cheese (E)



FB: Ourimbah P.S. Canteen... PH: 4362 1033

### **KEY-HEALTHY SCHOOLS RATING**

(E) EVERYDAY FOOD

(O) OCCASSIONAL FOOD

(GF) GLUTEN FREE

