



Have you heard of flexischools?
You can order school lunches from the
comfort of your pyjamas.

1. Visit www.flexischools.com.au
2. Select register and enter your email.
3. You will be sent a registration email.
4. Click the link in the email.
5. Fill in your details and click submit.
6. Add child, school and class

You can now visit
www.flexischools.com.au to order



We are looking for super stars to come and help
in the canteen, can you spare a little time here
and there from 9:30am till 11am or 11:30am till
1pm please come see canteen staff for more
information. We offer a free lunch order for your
child on the day you volunteer!



Paddy's Canteen MENU 2025



Please label lunch bags clearly
with **NAME** and **ROOM NUMBER**.

We are open EVERY DAY from 8am-1pm.

Orders must be placed before school
at the canteen window or online at
Flexischools by 9:30am.



Our Canteen uses the healthy food traffic light
system, can you spot our healthy food options?

RED	-	NOT ON OUR MENU
AMBER	-	EAT IN MODERATION
GREEN	-	EXCELLENT CHOICE

AFTER LUNCH TREATS

Quelch Sticks (GF/DF)	\$ 1.00
Lemonade Ice Blocks	\$ 2.00
Vanilla Ice Cream bucket	\$ 2.50
Lifesaver	\$ 2.50
Canteen made Icy	\$ 0.50

Bulla Frozen Yoghurt (GF)	\$ 3.00
Frosty Fruits Fruit Stack	\$ 3.00

DRINKS

100% Juice Box (GF/DF)	\$ 2.50
Carbonated Juice (GF/DF)	\$ 2.80
Up & Go	\$ 2.50
Water 600ml	\$ 2.00
Flavoured Milk	\$ 2.50
UHT Milk Box (GF)	\$ 2.00

CRUNCH & SIP

(Comes in a labelled bag)

Apple	\$2.00
Carrot	\$2.00
Watermelon	\$2.50

EXTRA SIDES

Popcorn	\$ 1.00
Seasonal whole fruit	\$ 2.00
Slinky Apple	\$ 2.00
Fruit bag	\$ 4.00
Watermelon bag	\$ 3.50
Watermelon tub	\$ 4.50
Pikelets	\$ 0.50
Yogurt Strawberry/Vanilla	\$ 2.50

FRESH SANDWICH

FILLINGS

	<u>Sandwich</u>	<u>Wrap/Roll</u>
Vegemite (DF)	\$ 2.50	\$ 3.00
Cheese & Vegemite	\$ 3.50	\$ 4.00
Salad (DF)	\$ 4.00	\$ 5.00
Cheese	\$ 3.00	\$ 3.50
Cheese & salad	\$ 4.50	\$ 5.30
Curried Egg	\$ 4.50	\$ 5.00
Egg & Lettuce (DF)	\$ 4.50	\$ 5.00
Egg (DF)	\$ 4.00	\$ 4.50
Ham (DF)	\$ 3.50	\$ 4.00
Ham, Cheese & Tomato	\$ 5.00	\$ 5.50
Ham & Cheese	\$ 4.50	\$ 5.00
Ham, Cheese & Pineapple	\$ 5.00	\$ 5.50
Ham & Salad (DF)	\$ 5.50	\$ 6.00
Chicken (DF)	\$ 5.00	\$ 5.50
Chicken, Lettuce & Mayo	\$ 5.50	\$ 6.00
Chicken & Salad (DF)	\$ 6.00	\$ 6.50
Chicken, Cheese & Mayo	\$ 6.00	\$ 6.50
Chicken & Cheese	\$ 5.50	\$ 6.00

**ALL SANDWICHES AND ROLLS ARE MADE
WITHOUT MARGARINE UNLESS
REQUESTED**

EXTRA FILLINGS

Lettuce, Tomato, Cucumber, Carrot	\$ 0.50
Pineapple, Onion	\$ 0.50
Egg, Ham, Cheese	\$ 1.00
Chicken	\$ 3.00
Tomato Sauce	\$ 0.50
Mayo	\$ 0.50

SALADS

(Lettuce, Tomato, carrot, cucumber,
cheese, chicken or ham)

Salad Tub – Large (GF, no cheese DF) \$ 6.50

TOASTED

FILLINGS

	<u>Sandwich</u>	<u>Wrap/Roll</u>
Vegemite (DF)	\$ 3.00	\$ 3.70
Cheese & Vegemite	\$ 4.00	\$ 4.70
Cheese	\$ 3.50	\$ 4.20
Ham (DF)	\$ 4.00	\$ 5.20
Ham and Cheese	\$ 4.50	\$ 5.20
Ham, Cheese and Pineapple	\$ 5.50	\$ 6.20
Ham, Cheese & tomato	\$ 5.50	\$ 6.20
Chicken (DF)		
Chicken and Cheese	\$ 5.50	\$ 6.20
Chicken, cheese and Mayo	\$ 6.00	\$ 6.70
Chicken, Cheese and Pineapple	\$ 6.30	\$ 7.00
	\$ 6.50	\$ 7.20
Spaghetti (DF)	\$ 4.00	\$ 4.20
Spaghetti and Cheese	\$ 5.00	\$ 5.50

PANINI SPECIALS

Ham & Cheese Panini (9-inch toasted)	\$ 7.00
Chicken, Cheese & BBQ Panini (9 inch toasted)	\$ 8.00
Chicken, Cheese & Mayo Panini (9-inch toasted)	\$ 8.00



HOT MEALS

Lasagne	\$ 5.00
Spaghetti and Meatballs	\$ 5.00
Mac and cheese	\$ 5.00

**1 x Chicken Nuggets
& carrot sticks (4 nuggets)**
Add extra nuggets \$ 3.20
\$ 0.80 each

**4 x Fish Fingers
& carrot sticks** \$ 4.00
Add extra fish finger
\$ 1.00 (limit 1 extra)

FRIDAYS ONLY

GLUTEN FREE

Beef Pie	\$ 5.00
Sausage Roll	\$ 5.00
Chicken and Leek Pie	\$ 5.00
Beef Lasagne	\$ 5.00

SPECIALS

Pluto Pups	\$ 3.50
Beef Pie	\$ 5.00
Sausage Roll	\$ 4.50
Ham and Cheese Pizza	\$ 4.00
Hawaiian Pizza	\$ 4.50