

Proposed Menu for City Beach Primary School

2023 Term 1 Lunch Menu

Open Tuesdays & Thursdays lunch service

Online Order via Flexischools app

Online order closes at 8.30am on Tuesdays and Thursdays. Sushi order closes at 3pm on Wednesday.

Substitutes will be offered to Cash Late Orders after 9am. Additional Charge May Apply.

Healthy Options Traffic Light Food Rating:

◆◆◆ Green

◆◆ Amber

◆ Red (not available)

LUNCH MENU (cooked to order)			
Fresh Wholemeal Sandwiches / Wraps			
◆◆◆ Egg Mayo (V)	\$2.30	◆◆◆ Chicken & Salad	\$4.80
◆◆◆ Salad (V)	\$3.30	(Freshly cooked chicken in all our sandwiches, toasties & salad)	
◆◆◆ Cheese & Salad (V)	\$4.30	◆◆◆ Ham & Salad	\$4.80
Toasted Wholemeal Sandwiches			
◆◆◆ Cheese (V)	\$3.30	◆◆◆ Ham Cheese & Tomato	\$4.80
◆◆◆ Cheese & Tomato (V)	\$3.80	◆◆◆ Chicken & Cheese	\$4.80
◆◆◆ Ham & Cheese	\$4.30	◆◆◆ Gluten Free Toasted Sandwiches	+ extra \$1.00
Fruit & Salad (Gluten Free)		* Note: we use Gluten Free Chicken & Ham	
◆◆◆ Vegie Crunch Bag	\$1.30	◆◆◆ Salad Box	\$4.00
◆◆◆ Fruit Cup	\$2.80	(lettuce, carrot, cucumber, tomato, celery, capsicum)	
◆◆◆ Fruit Salad	\$4.50	◆◆◆ Salad Box with Cheese, Egg, Chicken or Ham	\$5.00
TUESDAY LUNCH SPECIAL (cooked to order)			
◆◆◆ Homemade Pizza		Cheese (V) / Cheese & Tomato (V)	Regular \$4.00 / Junior \$2.80
* Regular (12x15cm) / Junior (12x8cm)		Ham & Cheese / Hawaiian	Regular \$4.80 / Junior \$3.30
◆◆◆ Toasted Tortilla		Choice of : Spinach & Cheese (V) /	Regular \$4.80
* Regular (whole tortilla) / Junior (1/2 tortilla)		Chicken Cheese & Spinach /	Junior \$3.00
Gluten Free (GF) available		Ham & Cheese / Ham Cheese & Pineapple	GF - \$4.80
THURSDAY LUNCH SPECIAL (cooked to order)			
◆◆◆ Homemade Sausage Roll		Pork, carrot & zucchini in flaky puff pastry,	Regular \$4.50
* Regular (10cm) / Junior (5cm)		served with a salad bag	Junior \$2.80
◆◆◆ Homemade Spinach & Ricotta Roll	Spinach & ricotta cheese in flaky puff pastry,	Regular \$4.50	
* Regular (10cm) / Junior (5cm)	served with a salad bag	Junior \$2.80	
◆◆◆ Deli Meat Pie & Party Pie, served with a salad bag		Meat Pie \$4.80 / 2 Party Pies \$4.80 / 1 Party Pie \$2.80	
◆◆◆ Chicken Tenders		2 oven baked chicken tenders,	\$4.50
		served with a salad bag	
+ Tomato Sauce		Portion Control Pack	\$0.30
◆◆◆ Sushi (available in 6pc / 3pc pack)		Chicken Teriyaki / Tuna / Veggie / California	6pc - \$7.00
(Order online by Wednesday 3pm)		(all contain mayonnaise)	3pc - \$4.00
HEALTHY DRINKS & JUICE (Pre-order only)			
◆◆◆ Bottled Water	\$1.00	◆◆◆ Hi-Lo Milk 225ml	\$1.80
◆◆◆ Sipahh Flavoured Milk * each straw contains less than 1/2 tsp sugar (Sipahh flavours: Chocolate / Strawberry / Choc Mint / Cookies & Cream / Marshmallow)			\$2.80
◆◆ Juice Box (Apple / Apple Blackcurrant)			\$2.50

Total items on menu 27
Total Green items 26
Menu Green percentage 96%