



# MIDDLE PARK PRIMARY SCHOOL LUNCH LIST - 2017

EVERYDAY  
FOODS

SELECT  
CAREFULLY

OCCASIONAL  
FOODS

## SANDWICHES / ROLLS - WHITE OR W/MEAL

*Rolls & pita wraps extra 50c (Gluten free pita available)*

- Cheese \$3.00
- Egg \$3.00
- Meat ( ham / turkey / roasted chicken / tuna) \$4.00
- Schnitzel \$5.00
- Avocado \$3.00
- Vegemite / honey / jam \$3.00
- Salad \$4.20

Add 60c for the following items: lettuce, tomato, mayo cheese, cucumber, carrot. Add \$1.00 for avocado, Add \$1.80 for salad

## HOT FROM THE OVEN

- Mexican nachos - with sour cream (gluten free)  
(TUE / THU) \$6.90
- Hot dog - skinless + w/meal roll (TUE / FRI) \$3.20
- Beef burger - lettuce + tomato + pineapple +  
mayo or tomato sauce (WED) \$6.00
- Baked crumb chicken burger - tomato + lettuce +  
cheese (MON/FRI) \$5.00
- Honey soy chicken + rice \$5.20
- Homemade chicken + corn soup (term 2 / 3 only) \$3.00
- Gluten free pie (WED / FRI) \$6.50
- Gluten free sausage roll (WED / FRI) \$4.50
- Lite meat pie (MON / FRI) \$3.80
- Sausage roll (TUE / THU) \$3.50
- Lasagna / spaghetti / swirls /  
mac & cheese \$4.80
- Vegetarian noodles / vegetarian rice \$4.30
- Chicken fried rice \$4.30
- Party pie / party sausage roll (MON/FRI) \$1.80
- Pizza - hawaiian / margarita (TUE/FRI) \$3.80
- Quiche - ham + cheese \$4.50
- Steamed rice \$2.50
- Toasted sandwich - ham + cheese / tomato + cheese \$4.50
- Veggie pastie (TUE / THU) \$3.80
- Sweet chili chicken wrap - mayo + lettuce + tomato \$5.00
- Steamed dim sim \$1.00

Add 30c for tomato sauce / soy sauce

## SUPER SALAD BAR

- Greek style salad with feta + olives \$5.00
- Supremo salad box - falafel balls + chickpeas +  
sweet corn + refreshing tomatoes +  
carrots with hummus \$6.00
- Chicken salad - Chicken, lettuce, corn & fetta \$5.00

## NIBBLE PACKS

- Bits to bites - crackers + 2 dips + sultanas + cheese \$3.50
- Munch magic - crackers +1 dip carrot +  
celery sticks + strawberries \$3.80
- Rainbow magic- grapes, strawberry, carrots,  
cucumber & dip \$4.00

## MOUTH WATERING FRUIT

- Apple / banana / orange / pear / kiwi \$1.50
- Fresh fruit combo cup (mixed seasonal fruit) \$4.50  
Add a dash of yoghurt for 50c

## HOT PACKS

- Chicken delight - 4 oven baked nuggets served  
with carrots + corn cob \$5.00
- Delish Fish - lightly crumbed baked fish fillet garden salad \$5.00
- Taco salad- soft chicken taco with garden salad \$5.50

## SNACKS

- Le snack cheese dip \$1.50
- Sultanas \$1.00
- Carrot / celery sticks \$1.20
- Cheese sticks \$1.00
- Classic popcorn (cheese / salt + vinegar) \$2.00
- Banana bread \$2.50
- Corn chips low salt \$3.00
- Choc chip cookie \$1.60
- Hot apple + cinnamon finger \$2.50
- Muffin - blueberry / choc chip \$3.00
- Piranha chips 25gm - BBQ cheese / salt + vinegar / honey soy \$1.50

## COLD SNACKS

- Jelly cups - orange / raspberry / blackcurrant \$1.60
- Fruit Sorbet - lemon / orange + mango / pomegranate \$3.80
- Sorbet - coconut \$4.20
- Frozen fruit sticks \$1.00
- Yoghurt cup - plain \$2.00 raspberry / passionfruit \$2.50
- Weiss mango bar \$3.50
- Sushi Rolls -veggie/ tura /avo/ cucumber chicken/ california \$3.00

## DRINKS

- Milk - plain \$1.10
- Big M - choc / strawberry \$2.00 Big M - banana \$2.20
- Up & Go - choc / strawberry / banana \$2.30
- Bottled water \$2.00
- Popper Juice- apple / orange / tropical / apple+blackcurrant \$1.50
- Ribena \$1.50
- Sparkling Mineral Water - strawberry / lemon / grape /  
mango / watermelon \$2.50
- Chilled iced tea - lemon / peach / raspberry \$2.50
- Coconut water - original / mango / watermelon+strawberry \$2.00

## KEEP AN EYE OUT FOR OUR MONTHLY ONLINE SPECIALS!

Please write your order clearly on an envelope or paper bag and enclose the correct money as no change will be given or order online at [www.flexischools.com.au](http://www.flexischools.com.au)

Tel 8695 9015 Fax 9645 7043 No later than 10:30am  
Office hours: 7am - 2pm