

# Cafe Menu Primary



## Morning Tea

### Hot Food

Egg & Bacon Slider	\$3.50
Egg & Bacon Toasted Wrap	\$5.00
Sausage Roll	\$3.50
Pie	\$4.50

### All Day

### Bakery

House-made Muffins (Berry, Chocolate, and Banana)	\$2.50
Brownie	\$2.50

### Fresh

Fruit Salad Tub	\$3.50
Apple Slinky	\$1.00
Seasonal piece of fruit	\$0.50

### Drinks

Water	\$2.50
Plain Milk 500ml	\$2.00
Chocolate Milk	\$2.50 (small) \$4.00 Large
Strawberry Milk	\$2.50 (small) \$4.00 Large
Orange Juice 100%	\$2.50 (small) \$4.00 Large
Apple Juice	\$2.50 (small) \$4.00 Large
80/20 whole fruit smoothie - Green	\$4.00

### Snacks

Popcorn	\$2.00
Freshly Baked Muffins	\$2.50
Red Rock Deli Chips	\$2.50
Yoghurt - Vanilla	\$2.00
Brownie	\$2.50

### Frozen

YOMYGOODNESS frozen yoghurt	\$3.50
(chocolate, coconut, mango, salted caramel, plain)	
Frozen Yoghurt	\$2.50
Fruit Stick	0.60

## Lunch

### Hot Food

Meat Ball Subs (parmesan, baby spinach)	\$5.50
Nachos	\$4.50
Spinach & Feta Triangles	\$4.50
Sausage Roll	\$3.50
Chicken Breast Wedges	\$2.50
Chicken Tender wrap	\$5.50
(sweet chilli, Greek yoghurt, baby spinach)	
Beef Pie	\$4.50
Hot Dogs	\$4.50
Beef Slider	\$3.00
(Mini Hamburger with cheese, tomato, lettuce and Beef Pattie)	

### Wraps - \$5.50

Chicken, Salad & Aioli wrap
Ham, Salad, Aioli wrap
Vegan Mediterranean Salad (Hummus, Tomato, Capsicum, Baby Spinach, sweet chilli, carrot, cucumber)
Toasted Caesar Wrap - (aioli, bacon, parmesan, tomato, baby spinach)
Toasted Caesar Wrap with chicken - \$6.80
(aioli, bacon, chicken parmesan, tomato, baby spinach)

### Salad - \$5.50

Chicken Caesar Salad (mixed lettuce, pan-fried chicken, bacon, parmesan & Caesar dressing)
Chicken Roast Pumpkin Salad (mixed lettuce, chicken, roast pumpkin, parmesan cheese & Lime dressing and roast capsicum)
Mediterranean Salad (chicken, baby spinach roast capsicum, sundried tomato, fetta, balsamic dressing and chick peas)

### Sandwiches - all on grain bread

Chicken, Lettuce & Mayo	\$4.50
Chicken & Cheese	\$4.50
Ham & Cheese	\$4.00

### Toasted Sandwiches

Ham & Cheese	\$4.00
Ham, Cheese & Tomato	\$4.50
Chicken & Cheese	\$4.50
Cheese	\$3.50

### Sauces

BBQ & Tomato Sauce	\$0.20
Other Sauces: Chutney, Aioli & Mustard sweet chilli	\$0.20

Our café is open 8am - 2pm Monday to Friday  
Orders are to be placed by 9am

We use locally sourced produce and most of our products are made in house, fresh each day.

# Cafe Menu Senior & Staff

## Morning Tea

### Hot Food

Egg & Bacon Toasted Sandwich . . . . .	\$4.50
Egg, Bacon & Cheese Toasted Wrap . . . . .	\$5.00
Sausage Roll . . . . .	\$3.50
Beef Pie . . . . .	\$4.50
Spinach & Feta Triangles . . . . .	\$4.50

### All Day

#### Bakery

House-made Muffins (Berry, Chocolate, and Banana) . . . .	\$2.50
Brownie . . . . .	\$2.50

#### Fresh

Fruit Salad Tub . . . . .	\$3.50
Fruit Salad with natural yoghurt and cinnamon granola . . . . .	\$4.50
Seasonal piece of fruit. . . . .	\$0.50

#### Drinks

Water . . . . .	\$2.50
Chocolate Milk . . . . .	\$2.50 (small) \$4.00 Large
Strawberry Milk . . . . .	\$2.50 (small) \$4.00 Large
Orange Juice 100% . . . . .	\$2.50 (small) \$4.00 Large
Apple Juice . . . . .	\$2.50 (small) \$4.00 Large
80/20 whole fruit smoothie - Green. . . . .	\$4.00

#### Snacks

Popcorn. . . . .	\$2.00
Freshly Baked Muffins. . . . .	\$2.50
Red Rock Deli Chips . . . . .	\$2.50
Brownie . . . . .	\$2.50
Yoghurt - Vanilla . . . . .	\$2.00

#### Frozen

YOMYGOODNESS frozen yoghurt \$3.50 (chocolate, coconut, mango, salted caramel, plain)	
Frozen Yoghurt . . . . .	\$2.50
Fruit Stick . . . . .	0.60

#### Sauces

BBQ & Tomato Sauce . . . . .	\$0.20
Other Sauces: Chutney, Aioli & Mustard sweet chilli . . . . .	\$0.20

## Lunch

### Hot Food

Meat Ball Subs (parmesan, baby spinach) . . . . .	\$5.50
Nachos . . . . .	\$4.50
Spinach & Feta Triangles . . . . .	\$4.50
Sausage Roll . . . . .	\$3.50
Chicken Breast Wedges . . . . .	\$2.50
Chicken Tender wrap . . . . .	\$5.50
(sweet chilli, Greek yoghurt, baby spinach)	
Beef Pie . . . . .	\$4.50
Karage Chicken Roll . . . . .	\$6.00
(Kewie dressing, baby spinach)	

### DAILY SPECIALS @ CAFE

#### Wraps - \$5.50

Chicken, Salad & Aioli wrap	
Ham, Salad, Aioli wrap	
Love's Vegan Mediterranean Salad Wrap (Hummus, Tomato, Capsicum, Baby Spinach, sweet chilli, carrot, and cucumber)	
The Spicy JOJO wrap, Toasted . . . . .	\$7.00
(Aioli, bacon, chicken parmesan, tomato, baby spinach, sundried tomato & sriracha)	
Toasted Caesar Wrap - (aioli, bacon, parmesan, tomato, baby spinach)	
Toasted Caesar Wrap with chicken. . . . .	\$6.50
(aioli, bacon, chicken parmesan, tomato, baby spinach)	

#### Salad - \$5.50 extra-large - \$7.00 (PLATE)

#### SALAD OF THE DAY

Chicken Caesar Salad (Mixed lettuce, pan-fried chicken, bacon, parmesan & Caesar dressing)
Chicken Roast Pumpkin Salad (mixed lettuce, chicken, roast pumpkin, Parmesan cheese & Lime dressing and roast capsicum)
Mediterranean Salad (chicken, baby spinach roast capsicum, sundried tomato, fetta, balsamic dressing and chick peas)

#### Sandwiches ~ all on grain bread

Chicken, Lettuce & Mayo . . . . .	\$4.50
Chicken & Cheese . . . . .	\$4.50
Ham & Cheese . . . . .	\$4.00

#### Toasted Sandwiches

Ham & Cheese . . . . .	\$4.00
Ham, Cheese & Tomato . . . . .	\$4.50
Chicken & Cheese . . . . .	\$4.50
Cheese . . . . .	\$3.50

#### Sauces

BBQ & Tomato Sauce . . . . .	\$0.20
Other Sauces: Chutney, Aioli & Mustard sweet chilli . . . . .	\$0.20

*Our café is open 8am – 2pm Monday to Friday  
Orders are to be placed by 9am*

*We use locally sourced produce and most of our products are made in house, fresh each day.*

# COLLEGE CAFÉ - HOW TO ORDER

## OPTION 1 – PAPER BAG ORDER

### PRIMARY

- All items (including items from the *Over the Counter* menu) must be listed on the student's paper bag order.
- **Primary students are not permitted to purchase items over the counter at the cafe.**
- Paper bag orders should be placed in the class cafe box each morning which will then be taken to the cafe.
- The cafe box will then be delivered back to the class with the completed orders at morning tea and lunch times.

### SECONDARY

- Items from the *Pre-order Only* menu must be listed on a paper bag order and placed in the cafe order box (located on the bench between the cafe and library buildings) by **9:00am**.
- Cafe staff will collect all orders from the box at 9:00am. **Orders from the *Pre-order Only* menu cannot be placed after 9:00am.**
- Orders can be collected from the cafe servery at morning tea and lunch.
- Secondary students/staff may also buy items from the *Over the Counter* menu at morning tea or lunch without pre-ordering, however please note these items are subject to availability and may sell out.

### NOTE

- Separate paper bags should be used for morning tea and lunch orders.
- Use the format shown below to write out your order on each bag.
- Place money in each bag. **Please use correct change wherever possible.** This will greatly assist our café staff and volunteers in processing the large number of orders they receive as efficiently as possible. For families with multiple children, it would be appreciated if money could be placed in **each order bag separately** rather than in one bag for the whole family.
- Place paper bag in class café box (Primary students) or the café order box (Secondary students).

## OPTION 2 – ONLINE

### HOW TO REGISTER - go to [www.flexischools.com.au](http://www.flexischools.com.au)

- Step 1 Click the 'REGISTER' button
- Step 2 Enter your email address
- Step 3 You will be emailed a link to an online form – follow the link
- Step 4 Choose a username and password and complete the form
- Step 5 Choose **FRESHWATER CHRISTIAN COLLEGE**
- Step 6 Add each of your student/s name and their year group
- Step 7 Establish your account with an amount set by you (minimum \$20) – VISA, MasterCard, PayPal (immediate top-up) or Direct Deposit (this may take up to 5 days to process and reach your Flexischools account)

Once registered, you can start placing orders immediately – orders must be placed by 9am on the day of delivery. You can also pre-order in advance or have a recurring order each week.

### HOW TO ORDER - go to [www.flexischools.com.au](http://www.flexischools.com.au)

- Step 1 Enter your username and password
- Step 2 Click online ordering next to your student (each child's order will need to be done separately)
- Step 3 Select the day and click the break you want the order for (e.g. morning tea or lunch – please note these will also need to be placed separately)
- Step 4 Select the items to add to the order then select 'next'
- Step 5 Select 'place order' (follow the prompts)

### HOW TO TOP UP YOUR ACCOUNT - go to [www.flexischools.com.au](http://www.flexischools.com.au)

- Step 1 Enter your username and password
- Step 2 Payment options - If you need to add funds to your account select continue
- Step 3 Do the top up - select, enter details (follow the prompts)

If you have any questions, please contact Flexischools - their dedicated Help Line (1300 361 769) is open 7am-6pm Mondays to Fridays – or via email [help@flexischools.com.au](mailto:help@flexischools.com.au)