



## SECONDARY & STAFF MENU

Cafe hours: Mon - Fri  
8.00am - 1.30pm

### EVERYDAY (8am-12:30pm)

Spinach & Ricotta Triangle	\$4.50
Beef Pie	\$4.50
Bacon, Cheese & Beef Pie	\$4.50
Mini Beef Pie	\$1.50
Sausage Roll	\$3.50
Chicken Breast Wedge	\$1.00ea
Lasagna	\$4.50
Fried Rice	\$4.50
Macaroni and Cheese	\$4.50
Large Garlic Bread	\$4.50
Small Garlic Bread	\$2.50

### FROZEN

Quelch Fruit Sticks	\$1.00
Peters Lemonade Icy Poles	\$2.00
Chocolate Paddle Pops	\$2.00
Bulla Frozen Yoghurt	\$2.50
Mango or Strawberry	
YoMyGoodness	\$4.00
Frozen Yogurt	
Plain, Chocolate or Coconut	

### TOASTIES

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

## DAILY SPECIALS

### MONDAY

Spinach & Feta Triangle served with a Fresh Garden Salad and basil tzatziki dressing.

Secondary	\$7.50
Staff	\$8.50

### TUESDAY

Mediterranean Turkish Pide- Mild salami, tasty cheese, sun-dried tomatoes, basil mayo, baby spinach with tasty house made dressing in a wrap or toast bread

Secondary	\$7.50
Staff	\$8.50

### WEDNESDAY

Cheese & NZ Beef Burger - New Zealand beef burger patty with tasty cheese, mayo and BBQ sauce.

Secondary/Staff	\$5.00
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Gourmet Burger - NZ beef burger patty with aioli mayo, spinach, sun-dried tomatoes, tomato chutney and parmesan cheese.

Secondary/Staff	\$8.50
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Bunless Burger - NZ beef burger patty with aioli mayo, spinach, sun-dried tomatoes, tomato chutney, parmesan in coz lettuce.

Secondary/Staff	\$8.00
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### THURSDAY

Asian Noodle Salad - Oven roasted chicken, Asian noodles with salad and herbs served in a tangy Asian dressing a kewpie.

Secondary	\$7.50
Staff	\$8.50

Bahn Mi - Vietnamese roll with oven roasted chicken, salad and herbs with a tangy Asian dressing and kewpie.

Secondary	\$7.50
Staff	\$8.50

### FRIDAY

Sushi - Teriyaki Chicken, Chicken Katsu, Tuna Avocado, Salmon and Avocado, Prawn, Baby Tuna Rolls, Baby Avocado Rolls.

Secondary/Staff	\$4.50 ea
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## SANDWICHES

Ham, Salami, Cheese	
Vegemite, Jam or Honey	\$3.00
Chicken	\$3.50
Add extras: cheese, carrot, cucumber, tomato, spinach	.50 ea
Substitute bread for Wrap	\$1.00

## SNACKS

Vanilla Yoghurt	\$2.00
Watermelon Wedges	\$2.00
Apple/Orange Quarters	\$2.00
Cheese & Crackers	\$2.50
Salami & Crackers	\$2.50
Cheese, Crackers & Salami	\$3.00
Giant Smartie Cookie	\$3.00
Chocolate Chip Muffin	\$3.00
Hummus & Carrots	\$2.50
Rice Crackers	\$1.50
Popcorn	\$1.50
Roasted Seaweed	\$2.00
Red Rock Chips Salt	\$2.50
Red Rock Chips Honey Soy	\$2.50
Berries, Yoghurt and Granola	\$5.00

## DRINKS

Devondale Plain Milk	\$2.00
Bottled Water(600ml)	\$2.50
Small Juice (250ml)	\$2.50
Strawberry Milk (300ml)	\$2.50
Chocolate Milk (300ml)	\$2.50
Strawberry Milk (500ml)	\$4.00
Chocolate Milk (500ml)	\$4.00
Iced Coffee	\$4.00
Glee Tropical	\$2.50
Glee Blackcurrant	\$2.50
Lipton Iced Tea	\$4.00
Mango/Lemon/Peach	
Kirks Soda	\$2.50
Pasito	
Sugar-free Lemon Crush	
Sugar-free Lemonade	

**Orders are to be placed by 9am**

# How to place an 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 OR PHONE APP

(please download Flexischools App from Google Play or App Store)

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

- 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) or App

- 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)*