

# OPS Canteen Winter Menu



## Snacks

Carrot Sticks (6) (GF, DF)	20c
Veggie Sticks (6) (GF, DF)	20c
Rice Crackers (4) (GF, DF)	20c
Popcorn (GF, DF)	50c
Cheese & Crackers (GF)	50c
4 rice crackers with 4 cheese squares.	
Jelly Cup (GF, DF)	\$1
Custard Cup (GF)	\$1
Jelly & Custard Cup (GF)	\$1
Frozen Yoghurt Tubs	\$3.50
Twisted frozen yoghurt. No choice of flavour, whichever is in stock will be given	

## Drinks

Bottled Water (GF, DF)	\$1
Just Juice (GF, DF)	\$1.60
Apple or Paradise Punch	
Plain Milk (GF)	\$1.60
Big M Flavoured Milk	\$2.60
Strawberry or Chocolate (GF)	

## Hot Food

Pizza Scroll	\$3
ham, cheese with a tomato pizza sauce served warm	
Chicken Burger	\$4
Flame grilled chicken with lettuce and mayo	
Cheese Burger	\$4
Beef patty, cheese and tomato sauce	
Hot Chicken Wrap	\$4
flame grilled chicken, Lettuce & Mayo	
Mac and Cheese	\$4.50
A delicious creamy cheesy pasta	
Spaghetti Bolognese (DF)	\$4.50
Classic beef bolognese served on penne pasta	
Gluten Free Penne Bolognese	\$4.50
Classic beef Bolognese served on Gluten Free penne pasta (GF, DF)	

## Wraps

Hot Chicken Wrap	\$4
flame grilled chicken, Lettuce & Mayo	
Chicken & Salad	\$4
Chicken, Lettuce, carrot and Mayo.	
Ham, Cheese & Salad	\$4
Ham, Cheese, lettuce, carrot	

## Sandwiches

Toasted available for free

Vegemite or Jam	\$2
Cheese	\$2.30
Ham	\$2.80
Ham & Cheese	\$3
Ham, Cheese & Tomato	\$3.50
Chicken	\$3.50
Chicken & Cheese	\$4
Cheese & Salad	\$4
Ham, lettuce, carrot and tomato	
Ham, Cheese & Salad	\$4
Ham, Cheese, lettuce, tomato, carrot	
Chicken & Salad	\$4
Chicken, lettuce, carrot and mayo.	

## Salads

Garden Salad	\$4
Choose French dressing, Mayo or no dressing Lettuce, Cucumber, Cherry Tomatoes & Grated Cheese	
With Chicken	\$5
With Ham	\$5
With Tuna	\$5

Soup specials  
throughout winter

## Weekly Specials

Advertised through the newsletter  
& on the Flexischools app

[www.flexischools.com](http://www.flexischools.com)

GF Gluten Free

DF Dairy Free

All nut free

