

# GOOD MOOD FOOD

ARANDA PS  
CANTEEN

## SNACKS

Popcorn\* / \$1.00

Anzac biscuit\* / \$0.80

Chocolate slice\* / \$0.50

Corn Cob\* / \$0.70

Fruit cup / \$1.00

Muffin of the Day\* / \$1.60

GF Muffin of the Day\* / \$1.80

Jelly cups / \$0.50

Custard cup (vanilla or  
chocolate) / \$1.00

>> other snack items available  
over the counter

## DRINKS

Warm milo\* / \$1.80

Cold milo\* / \$1.80

Plain milk / \$1.50

Spipahh (various flavours) / \$2.00

Nippys flavoured milk / \$2.80  
(chocolate or honeycomb)

Juice poppers / \$1.50  
(apple, apple-blackcurrant,  
orange, paradise punch)

Fruit smoothies\* / \$3.50  
(Berry or Banana)

## SANDWICHES \*

(made on wholemeal bread)

Cheese / \$3.00

Jam / \$2.60

Vegemite / \$2.60

Ham / \$3.20

Ham & Cheese / \$3.60

Ham, cheese & tomato / \$4.00

Chicken / \$4.00

Tuna / \$3.50

Customise your own (pricing  
varies)

## WRAPS \*

Chicken + salad / \$5.00

Ham & salad / \$5.00

Cheese & salad / \$5.00

Tuna & salad / \$5.00

Customise your own

## + Sandwich & Wrap extras

Salad / \$0.90

Tomato or pineapple / \$0.40

Avocado / \$0.70

Cheese / \$0.70

Toasted / \$0.50

Sweet chilli sauce / \$0.50

Mayonaise / \$0.50

## SALADS

Garden salad (lettuce, carrot,  
cucumber, tomatoes) / \$4.50

ADD chicken or tuna / + \$1.00

ADD dressing (fat free french  
or balsamic) / +\$0.50

## HOT FOOD

Macaroni and cheese\* / \$4.50

Sausage roll: Lite'n Up Mrs  
Macs (120g) / \$4.10

Beef Pie: Lite'n Up Mrs Macs  
/ \$4.90

Beef, Chicken or Vege  
Burger\* / \$5.00  
additional toppings available  
available WED + THUR only

## SPECIALS

WEDNESDAY in Term 1 & 4

Burritos\* / \$7.00

Beef, chicken or vegetarian

THURSDAY

Pizza slice \*

Hawaiian / \$5.00

Cheese / \$4.60

FRIDAY

Spaghetti or Vegetable

Bolognese\* (GF available) /  
from \$5.10 - \$6.60

## COOL TREATS

Bulla Frozen Yogurt /  
\$3.00 (mango, strawberry  
or raspberry)

Twisted Frozen Yogurt /  
\$2.50 (chocolate + vanilla  
bean or, strawberry +  
vanilla bean)

Juice Stick / \$1.00  
(various flavours)

GF = Gluten Free  
\* = homemade

Current availability and  
specials are available through  
our online ordering platform:

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

The menu is subject to  
change and availability.

PH: 0459 599 114

E: [arandacanteen@gmail.com](mailto:arandacanteen@gmail.com)