

Our Lady Star of the Sea Terrigal Canteen Menu 2019

Flexischools.com.au
for ordering

Fresh Fruit & Veg Snacks

Egg	\$1.00
Cucumber Sticks	\$1.00
Carrot or Celery Sticks	\$1.00
Veg Combination Pack	\$1.00
Orange (cut in 1/4s)	\$1.00
Apple	\$1.00
Watermelon	\$1.00
Medium Fruit Salad	\$1.50
Medium Fruit Salad & Yoghurt	\$2.00
Medium Fruit Salad & Custard	\$2.00

Drinks

Apple Poppa	\$1.50
Orange Poppa	\$1.50
Blackcurrant Poppa	\$1.50
Paradise Punch	\$1.50
Water 600ml	\$1.00
Milk Chocolate	\$2.00
Milk Strawberry	\$2.00
Hot Chocolate	\$1.00
Milo in Cold Milk	\$1.00

Snack Foods

Cruskits (4) or Rice Cakes GF (4) Vita -Weets (4) With Vegemite	\$2.00
With Cheese	\$2.00
Fruity Bites	\$0.20
Garlic Bread	\$1.00
Chicken JJ snacks	\$1.50
Plain Popcorn GF	\$1.30
Pirana Chips GF	\$1.50
Pretzels	\$1.30
Piklets(homemade)	\$0.50

Term Special

Chicken Burger Combo

Seared Chicken Breast, Lettuce, Tomato, Mayo
+ Apple or Orange + Bottle of Water

Salad Sandwich Combo

Salad sandwich or wrap or roll
+ Apple or Orange + Bottle of Water
Both for \$6.00

Frozen Snacks

Frozen Milk cup	\$0.50
Quelch Juice Sticks	\$1.00
Frozen Juice Cup	\$.50
Lemonade Icy Twist	\$1.60
Calippo Minis	\$1.00
Juicies	\$1.00
Paddlepop	\$1.60
Vanilla Ice-cream Cup	\$1.00

All these items are only available over
counter

Cold Snacks

Jelly	\$1.00
Plain Custard	\$1.00
Jelly & Custard	\$1.00
Jelly & Yoghurt	\$1.00



Our Lady Star Canteen Menu

www.flexischools.com.au

Sandwich Extras

Bread Roll
Gluten Free Bread or wrap
Tomato, BBQ, Mayo or
Sweet Chilli Sauce

All sandwiches and wraps can be
toasted

Sandwiches, Rolls & Wraps

Prepared fresh in the tuckshop.
Available every day

Boiled Egg -----	\$1.00
Salmon-----	\$4.00
Tuna-----	\$4.00
Chicken-----	\$3.50
Ham-----	\$3.50
Salad-----	\$4.00
Egg-----	\$3.50
Egg + Lettuce -----	\$3.70
Cheese-----	\$2.50
Vegemite-----	\$2.00
Buttered sandwich -----	\$1.50
Buttered roll-----	\$1.50
Ham+ Cheese + tomato	\$4.00
Ham + Cheese	\$3.80

Fresh Salads

Pasta Salad
Pasta, ham, cherry tomatoes, corn,
shallots, dressing -----\$4.00

Garden Salad + Chicken-----\$5.00

Garden Salad + Ham -----\$5.00

Garden Salad

Lettuce, Tomato, Carrot, Celery, Capsicum,
Cucumber, Beetroot, Cheese, Egg + fork

Mini Salad Box

Carrot sticks, Celery Sticks, Cucumber Sticks, Cheese Cubes
\$3.50

Mini Salad Box Combo

Carrot sticks, Celery Sticks, Cucumber Sticks, Cheese Cubes
+ 3 Chicken nuggets \$5.00

Dip + vegetables

Hummus dip, Carrot sticks, Celery Sticks, Cucumber Sticks +
3 biscuits \$4.00

Dip + vegetables

Beetroot dip, Carrot sticks, Celery Sticks, Cucumber Sticks
+ 3 biscuits \$4.00

Cherry Tomatoes, Cucumber, Carrot, 1 boiled Egg, Steamed
Rice \$3.50

Roasted Pumpkin Zucchini Slice

1 Slice Homemade
Roasted Pumpkin, Onion, Corn, Zucchini,
Carrot, Sweet Potato, Flour, Cheese, Eggs,
Milk, home-made-----\$3.00
Add small salad of Lettuce, Tomato,
Cucumber -----\$4.00

Beetroot & Ham Zucchini Slice

Onion, Ham, Capsicum, Zucchini, Fresh Beetroot, Tomatoes
Cheese, Eggs, Flour
Milk Home-made-----\$3.00
Add a small salad-----\$4.00

Toasted Focaccias

Add to from Sandwich Extras List

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

Burgers

OLSS Beef Burger

Beef Patty Lettuce, Tomato,
Cucumber, Carrot, Beetroot, Cheese,
Pineapple BBQ or Tom Sauce \$4.70

Chicken Burger

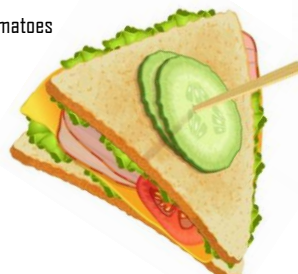
Searred Chicken Breast, Lettuce, Mayo
Cheese burger
Beef Patty, Lettuce, Tomato, Cheese
+ sauce \$4.30

Veggie Burger

Red Lentil Patty(home-made)
Lettuce, Carrot, Sweet chilli Sauce,
Sour Cream \$4.30

Mexican Burger

Searred chicken Patty, Lettuce,
Cheese, Salsa, Avo Dip,
Hawaiian Chicken Burger
Searred Chicken Breast, Lettuce,
Cheese, Pineapple, Mayo \$4.30



Beef Nacho's

Corn chips beef, cheese, avocado dip, salsa, sour cream
\$5.00

Chicken Nacho's

Corn chips beef, cheese, avocado dip, salsa, sour cream
\$5.00

Hot Foods

Cheese Bacon Roll-----	\$2.00
Garlic Bread-----	\$1.00
Wholegrain Garlic Bread -----	\$1.00
Hot Cheese roll-----	\$2.00
Cheese Vegemite Scroll -----	\$2.00
Chicken Nuggets GF -----	\$0.75
Chicken Nugget -----	\$0.75
Beef Pie (Low Fat)130g -----	\$2.80
Beef Pie (low fat)175g -----	\$3.40
Sausage Roll (Low Fat) -----	\$3.00
Sauce Sachets -----	\$0.30
Spag Bolognaise -----	\$4.30
Fried Rice -----	\$4.30
Macaroni Cheese -----	\$4.30
Lasagne -----	\$4.30

Wraps

Hot Chicken Twister

Searred Chicken Tender, lettuce,
tomato, mayo
\$4.30

Sweet Chilli Chicken Twister

Sweet Chilli Chicken Tender, lettuce,
tomato, mayo, sweet chilli sauce
\$4.30

Mexican Twister

Searred Chicken tender, salsa, avo dip,
lettuce, cheese
\$4.30

Roast Chicken Twister

Roast Chicken, lettuce, tomato, mayo
\$4.30

Salad Twister

Lettuce, Tomato, Cucumber, Carrot,
Beetroot, Cheese \$4.00

