



Café Menu Term 3 2026

*Hot food availability can only be guaranteed by placing an order.

Pre-order Options

Daily specials, regular menu items and allergy-aware/smaller portion menus are available for pre-order before 9am through the Flexischools app.

Limited menu options then available for pre-order until 11am only.

Regular menu items and other options will be rotated through the Café for purchase in person during recess and lunch.

Sandwiches

Vegemite	\$3.00
Cheese	\$3.50
Plain - chicken, ham or tuna	\$5.00
Ham, lettuce, cucumber and carrot	\$6.50
Chicken, lettuce and mayonnaise	\$6.00
Gluten free bread (extra)	\$0.50

Wraps

Sweet chilli chicken	\$7.00
Falafel	\$7.00
Chicken Caesar	\$8.00

Salads

Chicken Caesar	\$7.50
Greek	\$8.00

Hot Food

Ham and cheese croissant	\$6.00
Tomato and cheese croissant	\$6.00
Garlic Bread	\$4.00
Hot Dog (plain)	\$5.00
Beef pie	\$5.50
Gluten free beef pie	\$7.15
Sausage roll	\$5.50
Gluten free sausage roll	\$6.50
Vegetarian pasty	\$6.50
Penne Bolognese	\$7.00
Wedges w/sour cream and sweet chilli sauce	\$6.00
Tomato or BBQ sauce/American mustard	\$0.40

Snacks

Doughnut (chocolate or strawberry sprinkle)	\$4.50
Muffins	small \$2.50 large \$4.00
Banana bread	\$3.50
Gluten free banana bread	\$4.00
Balfours cookies	\$3.50
Popcorn	\$2.50
Red Rock Deli chips	28g \$2.50 45g \$3.70
Vege chips	\$3.00

Drinks

Juice Box (apple, orange, apple blackcurrant or tropical)	\$3.00
Spring water, 600ml	\$3.00
Flavoured milk	200ml \$3.00 600ml \$6.00
Fuze Iced Tea (mango, peach, lemon)	\$5.50

Daily Specials*

Monday

Beef ravioli with roast tomato sugo parmesan cheese (VO)	\$8.00
Chicken schnitzel OR Veg burger with mayo and lettuce (VO)	\$8.00

Tuesday

Chicken yiros with tzatziki, lettuce and tomato	\$8.50
Beef chilli con carne nachos with cheese, sour cream and guacamole (VO, GFO)	\$8.50

Wednesday

Mac and cheese pasta bake (V, GFO)	\$8.00
Chinese five-spice pork noodle stir fry (VO)	\$8.50

Thursday

Pizza – ham and cheese, ham and pineapple or margherita (VO) (GF)	\$6.50
Butter chicken with steamed basmati rice (GF)	\$9.00

Friday

Shepherds pie	\$8.50
Chicken tenders and wedges	\$8.50

V/VO = Vegetarian/Vegetarian option available.

GF/GFO = Gluten Free/Gluten Free option available.

Gluten free products do not use any ingredients containing gluten, but are prepared in a shared environment. We therefore cannot guarantee that they are completely free of gluten.

Gluten free sandwiches must be pre-ordered.

Cool Options

Fruit salad	\$4.00
Jelly / Mousse / Yoghurt cup	\$3.50
Salad of the Day / with protein	\$6.00 / \$8.00

Hot Options

Assorted pizza	from \$6.00
Egg and bacon muffin / wrap	\$5.00 / \$6.00
Beef pie / sausage roll	\$5.50
Vegetarian pasty	\$6.50
Assorted croissants	from \$6.00
Tomato or BBQ sauce/American mustard	\$0.40

Bakery

Muffins	large \$4.00 small \$2.50
Assorted doughnuts	\$4.50
Banana/orange bread	\$4.00
Balfours cookies	\$3.50

Snacks

Wraps, sandwiches, rolls	from \$5.00
Fruit cups	\$4.00
Yoghurt with fruit	\$3.50
Red Rock Deli chips	28g \$2.50 45g \$3.70
Grainwaves	\$3.00
Vege chips	\$3.00

Frozen Options

Ice cream tub	\$2.50
Zooper Dooper	\$1.00
Frosty Fruits	\$3.50
Icy Pole (lemonade or raspberry)	\$2.00
Frozen juice cups	\$1.50
Slushie (various flavours)	\$3.00

Drinks

Mt Franklin water, 600ml	\$3.00
Pump flavoured water, 750ml	\$5.50
Sodaly (low sugar), 2.50ml	\$3.50
Flavoured milk, 200ml	\$3.00
Flavoured milk, 600ml	\$6.00
Fruit Box, 250ml	\$3.00
Emma & Tom's juice / smoothies, 350ml	\$5.00
Fuze Iced Tea (mango, peach, lemon)	\$5.50