



# JUNIOR SCHOOL CAFE MENU 2023

## Sandwiches / Wraps / Rolls

(White, Wholemeal, Wrap, Gluten Free Bread)  
(Customised fillings available online)

Honey, Vegemite or Cheese	3.50
Salad (tomato, cucumber, carrot, cheese, lettuce, mayo)	6.00
Ham or Chicken and Salad	6.00

## Toasted Sandwiches

Cheese	4.00
Ham and Cheese	4.50
Ham, Tomato and Cheese	5.00

## Cold Food

Chicken Caesar Salad	6.00
Sushi (GF) (chicken, tuna or veg)	4.00
Small Fruit Salad	2.00
Fruit Salad Cup	3.00
Large Fruit Salad	5.00
Yoghurt Tub (mango, berry or vanilla)	2.50

## Snacks

Popcorn	1.50
Cookies and Slices	from 0.50
Muffins	1.50
Cakes	from 1.00
Gingerbread Face or Man	2.50
Triple Chocolate Cookie (GF)	3.50

## Weekly Specials

Specials featuring flavours from around the world are changed each week. The Specials menu is available on the Flexischools website.

### **\$7.00 Meal Deal**

Weekly Special PLUS Popper PLUS Small Fruit Salad or Cup Cake

## Hot Food

Sausage Roll - small	3.00
Sausage Roll	4.00
Small Pie	4.00
Chicken and Vegetables (GF)	5.00
Roast Vegetable Toasted Focaccia	5.00
Ham, Tomato, Pesto, Cheese Toasted Focaccia	5.00
Pizza (cheese, ham cheese or ham, pine, cheese)	4.00
Beef Lasagne	5.00
Spaghetti Bolognese	5.00
Ham and Cheese Penne	5.00
Ham and Cheese Penne (GF)	5.00
Spinach & Feta Triangle	4.00
Lamb & Rosemary Triangle	4.00
Cheese Burger	6.00
Garlic Bread - small	2.50
Garlic Bread - large	3.50

## Drinks

Milk (chocolate, strawberry, vanilla - 300ml)	3.00
Popper (250ml)	2.00
Juice 100% (350ml)	3.00
Up & Go Liquid Breakfast (choc, straw - 250ml)	2.00
Crazy Lemon (200ml)	2.50
Water Bottled (600ml)	1.50

## Ice Blocks

### Available to purchase over the counter

Zooper Dooper	1.00
Icy Pole (lemonade or raspberry)	2.00
Calippo (lemon or raspberry)	1.50
Dixie Cup (vanilla)	2.00
Billabong (chocolate)	2.00
Homemade Sorbet (tropical, berry, chocolate)	1.00

## Birthdays

We can supply cup cakes for your child's class. They are delivered directly to the classroom for morning tea. Cost is 80c per cup cake with a minimum of 20 cakes for any one order. One day's notice required. Order and pay online or at the cafe.



## Ordering Tuckshop

**Online Ordering is the Ordering System in the Junior School.**

### ONLINE ORDERING

To order Online simply set up a Pre-paid Account with Flexischools.

**Go to Flexischools website**

**[www.flexischools.com.au](http://www.flexischools.com.au)** and click on the Register button. Once registered, start placing your orders. The order is sent directly to the Cafe.

Online Orders can be placed days and weeks in advance or by 9.30am on the day.

For help with setting up your Pre-paid Account, contact Flexischools on Ph 1300 361 769.

## About The Cafe

The NCC Cafes are managed by Laurent Vancam. Laurent is a French Chef and cook book author with a background in catering both in Europe and Australia.

Laurent has won the following awards in the Tuckshop industry:

- 2013 - Top 10 Queensland Tuckshops (at NCC)
- 2012 - Top 10 Queensland Tuckshops (at NCC)
- 2011 - Top 10 Queensland Tuckshops (at NCC)
- 2010 - Top 10 Queensland Tuckshops
- 2009 - Innovation in the Tuckshop for his tuckshop cookbook "Chef Laurent caters for Kids"
- 2008 - Queensland Tuckshop of the Year

The menu is based on using fresh and wholesome ingredients in line with the State Government's healthy tuckshop food guidelines.

Parents are eligible for Working Bee Credits by volunteering in the Cafes and donating goods.

Please contact us for further information.

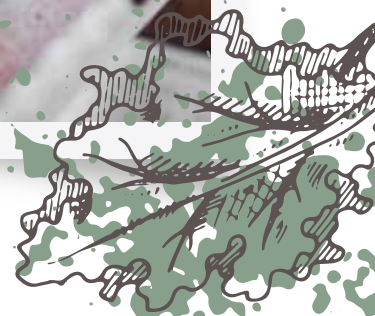
## Opening Hours

The Junior School Cafe is open every school day from 8.00am until approximately 1.30pm. Drinks, snacks and meals are available for parents and visitors at reasonable prices between these hours.

**JUNIOR SCHOOL CAFE PH: 5451 3311**

**MIDDLE & SENIOR SCHOOL CAFE PH: 5451 3366**

**EMAIL: [CAFE@NCC.QLD.EDU.AU](mailto:CAFE@NCC.QLD.EDU.AU)**



**PLEASE ORDER ONLINE: [www.flexischools.com.au](http://www.flexischools.com.au)**