

If your child forgets lunch, they will be supplied with a sandwich & 2 pieces of fruit and invoiced for \$6.00



# FRESHIE CAFÉ

SEMESTER 1 2019

ORDERING IS EASY WITH FLEXISCHOOLS [www.flexischools.com.au](http://www.flexischools.com.au) OR AT THE FRESHIE CAFE  
Payments to be made in Australian Currency only - Foreign currency is not accepted

**Smart Choices Ratings**

Eat plenty 😊 Choose carefully 😐

All portions are based on a moderate 'serve size' for children in accordance with the Smart Choices Strategy.

**Breakfast 8:15-8:40am** 😊

2 Pieces of toast (White/Wholemeal/Multigrain)	\$1.00
Fruit	\$1.00
Freshie Fruit Smoothie	\$3.00
Freshie Pikelet (+/- Cairns Hillslopes Honey)	50c

**Snacks** 😊

Freshie Popcorn	50c
Freshie Fruit Smoothie	\$3.00
Freshie Pikelet (+/- Cairns Hillslopes Honey)	50c
Crackers and Cheese	\$2.00
Box of sultanas	\$1.00
Fruit (seasonal)	\$1.00
Freshie Apple slinky	\$1.50
Own Apple slinkied at Freshie Café	50c
Boiled Egg	\$1.00

**Frozen Treats**

Frozie	50c
Smooze	\$1.50
Frozen yoghurt	\$2.00
Dixie Cups	\$1.00

**Vanilla Cake (per slice)** \$1.00  
**Freshie Treat of the fortnight!** \$1.00

**Freshie Specials** 😊

**Tuesday**


Freshie Hawaiian Pizza (Ham Cheese Pineapple)	\$5.00
Freshie Chicken Pizza (Chicken Cheese Pineapple)	\$5.00
Freshie Margarita Pizza (Sauce and Cheese)	\$4.50

**Wednesday**

Freshie Hamburger and Salad	\$5.00
<b>Add cheese</b>	50c
Freshie Cheeseburger	\$4.50

**Thursday (pre-order Sushi and Pay by Wednesday)**

<b>Sushi (GF)</b>	<b>Regular</b>	<b>Large</b>
Chicken Teriyaki	\$5.00	\$7.00
Tuna	\$5.00	\$7.00
Mixed	\$5.00	\$7.00
Avocado	\$5.00	\$7.00



**Snack Boxes** 😊  
(pre-order for 1<sup>st</sup> or 2<sup>nd</sup> lunch)

**Freshie Silver Box:** Mini ham roll, carrot sticks, cucumber, sultanas

**Freshie Gold Box:** Mini buttered bread roll, boiled egg, carrot sticks, sultanas

**\$5**

Tomato Sauce Portion	50c
BBQ Sauce Portion	50c
Parmesan Cheese Portion	50c

**Drinks**

Water	😊	\$2.00
Strawberry/Chocolate Breaka	😊	\$2.50
Freshie Hot Chocolate	😊	\$3.00
Poppa	😊	\$2.50

**Daily Menu**

**Freshie Sandwiches/Wraps**

Choose your bread (White/Wholemeal/Multigrain)

Choose your filling-	Sandwich	Wrap	Toasted
Ham	\$2.50	\$3.00	+50c
Ham, Cheese & Tomato	\$4.00	\$4.50	+50c
Ham & Cheese	😊 \$4.00	\$4.50	+50c
Ham & Salad	\$4.50	\$5.00	+50c
Ham, Cheese & Pineapple	\$4.50	\$5.00	+50c
Chicken	\$3.00	\$3.50	+50c
Chicken & Salad	\$4.50	\$5.00	+50c
Chicken & Cheese	\$4.00	\$4.50	+50c
Chicken, Cheese & Pineapple	\$4.00	\$4.50	+50c
Chicken, Lettuce & Mayo	\$3.50	\$4.00	+50c
Egg & Lettuce	\$3.50	\$4.00	+50c
Tuna Mayo	\$4.00	\$4.50	+50c
Salad	😊 \$4.00	\$5.00	+50c
Cheese & Tomato	\$2.50	\$3.00	+50c
Cheese	\$2.00	\$2.50	+50c
Jam/ Vegemite/Cairns Hillslopes Honey	\$2.00	\$2.50	+50c
Extra Slice Cheese			50c

**Freshie Salad Bowls (GF)**

Salad	😊	\$4.50
Ham & Salad	😊	\$5.00
Chicken & Salad	😊	\$5.00
Tuna & Salad	😊	\$5.00
Freshie boiled Egg	😊	\$1.00

**Daily Hot Food**

Freshie Butter Chicken (GF)	\$4.50
Freshie Japanese Curry with Rice	\$4.50
Freshie Fried Rice (GF)	\$4.50
Freshie Plain Pasta	\$2.50
Freshie Spaghetti Bolognese	😊 \$4.50
Chicken Tandoori Wrap Toasted	😊 \$4.50
Chicken Macaroni	😊 \$4.50

Snack Pie	\$2.00
Sausage Roll	😊 \$3.00
Freshie Garlic Roll	😊 \$1.50

**Birthday Treats!**  
(available second lunch only)  
Pre-order two days in advance via Flexischools or the paper bag method and the items to be collected by the class!

Freshie Vanilla Cup Cakes x 28	\$15.00
Freshie Chocolate Brownie Cup Cakes x 28	\$15.00
Freshie Pizza Hawaiian or Margarita	\$20.00

Each slab is divided into 28 pieces

**Volunteers are always welcome!**

## How to order

There are two different ways of ordering food for your child/children.

### Flexischools

Flexischools is an online ordering service, which enables you to order lunch and afternoon tea from home, work or school at any time even up to a week in advance!



Save Time...  
Order Online!

Online ordering saves you time and helps us too

It's Easy:

- Go to [www.flexischools.com.au](http://www.flexischools.com.au)
- Click "Register Now"
- Enter your email and follow prompts

You can then charge up your online account and place orders from home

Online orders are already paid for, so you do not need to bring money to school

Available Now!



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

Or download the App from the App store and order directly from your phone.



## Or

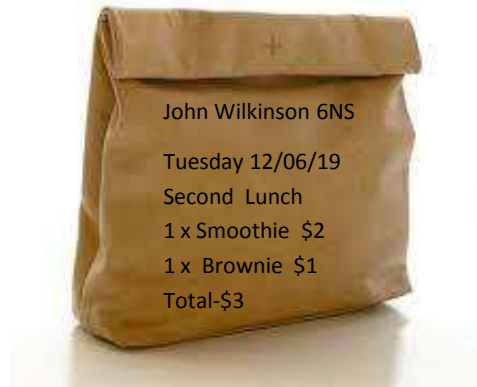
Use the traditional brown paper bag and cash method. The bags can either be dropped off at Freshie Café on your way into school or popped in to the Tuckshop boxes in the classroom.

### Sample

#### First Lunch



#### Second Lunch



# FRESHIE CAFÉ

Here at the Freshie Café we try to promote healthy eating by providing nutritious tuckshop made meals wherever possible, with the odd treat thrown in!

### Volunteers are always welcome

Training will be provided, the hours are negotiable. We would be happy with any time you can spare from 10 minutes to a couple of hours.

If you would like to come and have a coffee and chat while helping out in Freshie Cafe, please pop in and see Di our lovely convener!