



Saint Ignatius College Geelong Canteen FAQs and Menu

We are excited to present our new canteen menu which has healthy home made options available for students. The menu is 85% home made and all food is made fresh daily on-site by the wonderful canteen staff. If students have specific dietary requirements, they can advise the canteen team and they can accommodate.

Can my child pre-order?

Yes, pre-orders are welcome. Students can pop in before school or at first break to see what is on for the day and pre order for lunch.

Online is also available with a smaller selection of base items for those of you whom would like to order there www.flexischools.com.au

How can my child pay for their food?

Students can pay by EFTPOS or cash. **A reminder that phone payments will NOT be accepted.**

The menu is a guide to what may be available for the day and if specific items are required they can be requested.

We are open to suggestions from the students of what they would like to see on the menu and want to make the experience a positive one for all.

We are having a soft opening this Friday the 2nd of February and Online will be available from Monday 5th of February cur off for online orders will be 9am on the day of the order.



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Menu

There are a variety of pre-made sandwiches, rolls and wraps available for students, with a selection of different breads. Below are what ingredients are on offer.

Sandwich, wrap or roll

Prices from

Chicky Sub: chicken breast, baby spinach, tasty cheese and sweet chilli sauce	\$6.00
Time for a CHaT: Cheese, ham and tomato	\$5.50
By the Sea: Tuna, low fat mayonnaise, tomato and cucumber	\$5.50
Luau: ham, pineapple and cheese	\$5.50
Christmas all Year: turkey, cranberry sauce, tasty cheese and baby spinach	\$5.50
Mediterranean Flavour: salami, cheese, tomato, capsicum and onion	\$5.50

Ingredients on offer to 'make your own' sandwich, wrap or roll.

All of these options are available for students to pre order each day. We ask students to pop by the canteen before school to place their order so we can ensure this will be ready for them at lunch time.

Meats & Fish

Chicken schnitzel
Tuna
Seasoned chicken breast/sweet chilli chicken strips
Turkey
Virginian ham
Salami

Salad, Cheese & Vegetables

Grilled vegetable medley	Avocado
Lettuce	Pineapple
Tasty/fetta/cream cheese	Capsicum
Coleslaw	Baby spinach
Tomato	Onion
Cucumber	Alfalfa

Condiments

Mayonnaise	Sweet chilli sauce	Fruit chutney
Cranberry sauce	Tomato relish	



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Snacks

Other	From
Coleslaw	\$4.50
Potato salad	\$4.50
Caesar salad	\$4.50
Caesar salad with chicken	\$4.50
Rice salad	\$4.50
Quinoa, couscous and black rice salad	\$4.50
Fresh fruit salad	\$2.50 cup or \$4.50
Fresh fruit	From \$1.50
Sushi (twin pack)	\$7.00
Dessert yoghurt with fruit coulis or granola	\$2.50 cup or \$4.50

Hot Food Options

Please note, all of these hot food options are rotated daily so may not be available every day. Please see the canteen staff each morning to ask what is available on the day.

A variety of homemade meals	From
Lasagne	\$6.00
Vegetable Lasagne	\$6.00
Cheese, pumpkin and spinach slice	\$6.00
Zucchini slice	\$6.00
Aranchini	\$2.50 each
Assorted frittata	\$6.00
Pulled pork sliders with coleslaw	\$6.00
Pasta of the day	\$6.00
Stir fry	\$6.00
Hearty casseroles	\$6.00
Soup of the day (during winter only)	\$6.00
Roast beef/chicken roll with gravy	\$6.00
Succulent chicken burger with lettuce and tomato	\$6.00
Premium wagyu beef burger with lettuce and tomato	\$6.00



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A variety of homemade meals	From
Sweet chilli/lemon pepper or tandoori chicken wrap	\$6.00
Hand-made seasoned potato chunks	\$4.50
Homestyle pizza	\$4.00
Egg & bacon roll	\$4.50
Nachos with chunky salsa and light sour cream	\$5.50
Steamed dim sims	\$1.00 each
Baked potato with healthy, tasty toppings	\$6.00

Sweets

Sweets treats	from
Muffin	\$1.50
Home-style slices	\$3.00
Home-style cookies	\$2.00
Muesli bars	\$2.00
Apple cake	\$3.00
Banana bread	\$2.50
Mousse cup	\$2.50
Icy twists	\$2.00
Ice cream cup (gluten free)	\$2.00
Calippo	\$1.50
Zooper Dooper	\$1.00
Frozen fruit juice cup	\$1.00

Drinks

Juice 500ml	\$4.50
Water	\$3.00
Big M 300ml	\$3.00
Big M 500ml)	\$4.50
Flavoured Water 750ml	\$4.50
Juice Box	\$2.50