



# FRANKIE GOES TO RED HILL CONSOLIDATED

ORDER ONLINE VIA [WWW.FLEXISCHOOLS.COM.AU](http://WWW.FLEXISCHOOLS.COM.AU)

ORDERING CLOSES AT 8:30PM NIGHT BEFORE

LATE ORDERS CLOSE 8:30AM DAY OF ORDER

CANCEL ORDERS VIA TEXT TO ABBY AT 0402 838 089 BY 9AM

## SNACKS

Carrot sticks (v, gf).....	<b>\$1.50</b>
Whole Fruit (v, gf).....	<b>\$1.50</b>
Choc chip cookie.....	<b>\$3.00</b>
Zucchini Brownie.....	<b>\$2.50</b>
Vege Chips Original 21g (gf, v).....	<b>\$2.50</b>
Popcorn Plain 20g (gf, df).....	<b>\$2.50</b>
Vanilla Yoghurt Tub 150g (gf).....	<b>\$2.50</b>

## SUPER SANDWICHES

Honey.....	<b>\$4.50</b>
Vegemite.....	<b>\$4.50</b>
Cheese.....	<b>\$4.80</b>
Vegemite & Cheese.....	<b>\$5.00</b>
Ham & Cheese.....	<b>\$5.60</b>
Ham, Tomato & Cheese.....	<b>\$6.00</b>
Salad (lettuce, cheese, cucumber & tomato).....	<b>\$6.00</b>
Salad & Ham.....	<b>\$6.80</b>
Salad & Chicken.....	<b>\$7.00</b>
Gluten Free Bread.....	<b>\$1.50</b>
Lactose Free Cheese.....	<b>\$1.00</b>
Toasted.....	<b>\$0.50</b>

## BOWLS

Pasta:	
Butter.....	<b>\$5.50</b>
Cheese.....	<b>\$6.00</b>
Napoli.....	<b>\$7.00</b>
Bolognese Sauce with 5 Veggies.....	<b>\$9.00</b>
+ Gluten Free.....	<b>\$1.00</b>
Sushi Bowl - rice, cucumber, carrot + seaweed (h,gf,df,v).....	<b>\$6.00</b>
Sushi Bowl with tuna	<b>\$7.50</b>
or chicken (h, gf, df).....	<b>\$7.80</b>
Nacho's with cheese & salsa.....	<b>\$5.50</b>
+ Bolognese 5 veg sauce.....	<b>\$2.50</b>
+ Sour Cream.....	<b>\$0.50</b>
Butter Chicken with Rice.....	<b>\$7.50</b>
Salad Bowl.....	<b>\$6.00</b>

## HOT FOOD

Meat pie.....	<b>\$5.00</b>
Sausage Roll.....	<b>\$4.50</b>
Spinach & Cheese Roll.....	<b>\$7.00</b>
Party Pie.....	<b>\$2.50</b>
Chicken Nugget (3).....	<b>\$3.00</b>
Chicken Nugget (6).....	<b>\$6.00</b>
Chicken Nugget (9).....	<b>\$9.00</b>
Gluten Free Chicken Nugget (3)...	<b>\$3.60</b>
Gluten Free Chicken Nugget (6)...	<b>\$7.20</b>
Gluten Free Chicken Nugget (9)...	<b>\$10.80</b>

## DRINKS

UHT milk 200ml (gf).....	<b>\$3.00</b>
Juice box (gf, df).....	<b>\$2.50</b>

## LATE LUNCH MENU

Our late lunch menu opens at 8:30pm and closes at 8:30am the day of order. This is a smaller menu and incurs a late fee.

## FRANKIE AT HOME (MIDWEEK)

Our Nonna cooks fresh, homemade meals every Tuesday for delivery on **Wednesday and Thursday**. Order via **Flexischools** under Frankie at Home for the weekly special and our staple lasagna. Generous family-sized meals, made with love. Select Delivery or free pickup from Kunyung PS canteen 8:30-2:30pm.