

SAVE TIME, ORDER ONLINE!

Woodcrest Junior School Canteen now has a great new online system to make the ordering of lunches easier and more convenient.

- **Order at a time convenient to you**
in the morning, night before, or weeks in advance!
- **No searching for cash required**
It's already paid online!
- **Teach students healthy eating in a fun way**
- **Order from home or work**



It's so easy!

- 1) Go to www.flexischools.com.au
- 2) Click "Register Now" to create account
- 3) Top-up your balance
- 4) Start ordering immediately

What Does it Cost?

Registration is free and the online menu is the **same price** as the usual menu. So why not order your next lunch online!



How Does It Work?

Go to www.flexischools.com.au and click "Register Now" in the Login Box. Then enter your student's name, school and class, and add funds (say \$20) into a pre-paid account. **You can log into the website at any time** to place orders, up until 8:50am on the day of the order. As purchases are made, the funds are taken from your pre-paid account. The account can be topped up again in the same way, or set to automatically top-up via credit card when the balance falls below a pre-set minimum. Each order is sent automatically to the kitchen, where an easy-to-read label is produced with the student's name, class and order details. At lunch time, students can simply pick up their order without the need for cash.

View a Demonstration

Simply go to www.flexischools.com.au and login:
username: **woodcrest**
password: **woodcrest**

Go to www.flexischools.com.au to place orders
 JUNIOR 2009

Woodcrest college

sandwiches / gourmet rolls / wraps / fruit

vegemite & cheese	\$2.30
junior egg sandwich	\$2.00
junior egg & lettuce	\$2.30
cheese	\$1.90
meat only	\$3.00
meat & 1 salad item	\$3.30
meat & 2 salad items	\$3.60
meat & 3 salad items	\$3.90
meat & 4 salad items	\$4.20
5 salad items	\$3.50
baguette, crusty rolls (<i>assorted fillings</i>)	\$5.00
<i>gourmet wraps (cold) (assorted fillings)</i>	\$4.60

available fillings:-

(roast chicken, sliced ham, salami, roast beef, corned beef, tuna, salmon, alfalfa, cheese, tomato, carrot, lettuce, cucumber, butter, creamed cheese & pickles)

extras

pineapple / avocado / cheese	\$0.50
extra salad items (<i>each</i>)	\$0.30
condiments (<i>extra</i>)	\$0.10

(pickles, mustard, toasting, cranberry sauce, cream cheese, onion)

ham or chicken junior wrap	\$3.00
<i>(w/ cheese, lettuce & grated carrot)</i>	

fruit salad tub	\$2.60
jelly cup	\$1.30
jelly cup w/ custard	\$1.50
chocolate mousse	\$2.00
mini jelly cup or custard cup	\$0.80
mini jelly cup w/ custard	\$0.90

meal packs	\$5.50
-------------------	--------

low fat, not fat (a) fruit salad, small homemade yoghurt,

muffin (choc/apple or apple/cinnamon)

low fat, no fat (b) jelly cup, ham or chicken

wrap w/ carrot, lettuce & cheese, small drink

sushi roll	\$2.80 or
------------	-----------

(tuna salad, sweet chilli chicken, 2 for \$5.50

karaage roll, teriyaki roll, sweet chilli

prawn, hot tuna)

snacks

smiths crisps (28g)	\$1.30
doritos	\$1.30
cookie (<i>small</i>) triple choc, golden crunch	\$1.10
muffins (<i>apple & cinnamon, choc/apple</i>)	\$2.00
cupcake (<i>vanilla, chocolate</i>)	\$2.00
cheesymite scroll	\$1.50
apple scroll	\$2.00

yoghurt

homemade - <i>small (berry, passionfruit)</i>	\$1.10
---	--------

homemade - <i>large</i>	\$2.20
-------------------------	--------

yoplait (200g) (<i>fruit salad, vanilla, strawberry, passionfruit</i>)	\$2.20
--	--------

hot foods

meatballs (<i>cup</i>)	\$3.20
junior meatball sub	\$3.30
fish fingers (5)	\$3.00
hamburger w/ salad	\$3.40
hamburger (<i>meat only</i>)	\$2.50
cheeseburger	\$3.20
hot dog	\$2.80
cheese dog	\$3.00
lasagne or spaghetti	\$3.70
yummy drummy	\$1.20
sausage roll	\$2.20
vegetarian sausage roll	\$2.30
mini pizza	\$2.20
chicken & corn roll	\$1.60
school pie (120g)	\$1.80
meat pie	\$3.00
potato pie	\$3.30
party pie	\$1.00
raisin toast (<i>thick cut</i>)	\$1.20
chicken caesar wrap	\$4.80
sweet chilli chicken wrap	\$4.80

meal packs

a: hot dog, popcorn, sml drink	\$5.50
b: fish fingers, piece of fruit, sml drink	\$5.50

frozen treats

quelch fruit sticks	\$0.70
frozen pineapple slice	\$0.30
frozen quarter orange	\$0.30
frozen juice cup	\$0.90
life saver icy pole	\$1.60
icy pole	\$1.00
billabong	\$1.30
milo stick	\$1.30
tnt long & short sticks	\$0.90

drinks

250ml flav. milk popper (<i>straw, choc</i>)	\$2.00
300ml plain milk	\$1.30
300ml sml flav. milk (<i>banana, mocha, coffee</i>)	\$2.20
350ml 100% juice	\$2.30
fuze (<i>orange, tropical, raspberry</i>)	\$2.20
popper (<i>apple, orange, tropical, pineapple, apple/blackcurrant</i>)	\$1.70
400ml water	\$1.80
600ml water	\$2.20
1lt water	\$2.70
200ml gatorade (<i>watermelon, apple</i>)	\$1.70