

GROOVY GECKO

Summer Menu Term 4 2018 & Term 1 2019



All School Canteens are bound by Guidelines endorsed by WASCA

TRAFFIC LIGHT SYSTEM

GREEN – An everyday healthy choice

AMBER – Has some nutritional value but not the healthiest choice

RED – Not available for sale

Daily Lunch Menu		Weekly Lunch Specials	
SANDWICHES/TOASTIES/WRAPS OR ROLLS Please specify: sandwich, toastie, wrap or roll		MONDAY	
Choice of ONE filling:		Good Eating Beef Pie	\$4.20
Chicken, Cheese, Tuna, Egg, Curried Egg, Baked Beans, Spaghetti or Salad	\$3.00	Sausage Rolls	\$3.50
Ham only	\$3.00	Hotdogs	\$4.00
Rolls, Toasties & Extra Fillings	50c ea	½ Hotdogs	\$3.00
Vegemite Sandwich	\$2.00	TUESDAY	
SALAD BOWLS Includes: Lettuce, Cucumber, Carrot & Dressing		Combo Deal: Burger (Beef, Chicken or Fish) & a Slinky Apple	\$5.00
Small		WEDNESDAY	
Large (also includes tomato)	\$4.50	Meatball Sub and Warm Milo	\$5.00
Extra Ham, Chicken, Tuna or Egg	\$1.00	Sushi - Chicken, Tuna or Vegetarian	\$5.00
Extra Cheese or Beetroot	50c ea	THURSDAY	
		Sushi - Chicken, Tuna or Vegetarian	\$5.00
OTHER DAILY LUNCH ITEMS		FRIDAY	
Hot Chicken & Mayo Roll	\$4.50	Good Eating Beef Pie	\$4.20
½ Hot Chicken & Mayo Roll	\$3.00	Sausage Rolls	\$3.50
Sweet Chilli Chicken Strip & Salad Wrap	\$4.50	Hotdogs	\$4.00
Large Sweet Chilli Chicken Strip & Salad Wrap	\$5.50	½ Hotdogs	\$3.00
Chicken Tender & Salad Wrap	\$4.50	Gluten free Nachos	\$4.00
Fish & Salad Wrap	\$4.50	Drinks (Available Recess & Lunch)	
Pizza Slices- Bacon, Meatlovers, Cheese, Vegetarian or Hawaiian	\$3.50	Bottled Water	\$1.00
Spaghetti Bolognese	\$4.00	Fresh reduced fat milk (small cup)	\$1.20
Meatball Submarine	\$4.00	Flavoured Milks - Chocolate, Strawberry, Banana or Neapolitan	\$2.00
Burgers- Chicken, Beef or Fish	\$4.50	Milo- Hot or cold	\$1.50
Fried Rice	\$4.00	Up & Go - Vanilla or Chocolate	\$2.00
Lasagne	\$4.00	Juice Bombs - Blackcurrant, Tropical, Raspberry & Watermelon (Available Lunch Only)	\$2.50
Macaroni Cheese	\$4.00	Fruit Juice - Apple, Blackcurrant, Orange or Tropical	\$1.50
Daily Recess Menu		Ice Blocks (Available lunch only)	
Cheesies - Bacon, Spaghetti, Cheese	60c	Paddle Pops	\$2.00
Quesadilla (Tortilla, salsa, cheese)	60c	Ice Cream Cup - Vanilla	\$1.50
Fruit Cup (mix of seasonal fruit)	\$1.00	Icy Poles	70c
Trail Mix (popcorn, Cheerios & sultanas)	40c	Custard Pops (over counter only)	50c
Carrot sticks (cup)	50c	Additional	
Slinky Apple (bring your own apple 20c)	80c	Tomato Sauce Sachets	30c
Muffin	\$1.00	Lunch Bags - 10	50c
Mini Muffin	50c	Lunch Bags - 20	\$1.00
Pikelets	50c	<p>ANY HELP IN THE CANTEEN WOULD BE MUCH APPRECIATED. PLEASE CALL THE CANTEEN DIRECTLY ON (08) 9584 6200.</p>	
Mini Pikelets	30c		
Popcorn	20c		
Low fat Yoghurt - Vanilla or Strawberry	\$1.50		
Choc Yogo 100g	\$1.50		