



GROOVY GECKO

Summer Menu Term 4 & 1 2021/22

TRAFFIC LIGHT SYSTEM All School Canteens are bound by Guidelines endorsed by WASCA				
An everyday healthy choice 80% of the menu is green				GREEN
Has some nutritional value but not the healthiest choice – only offered two days a week				AMBER
Daily Lunch Menu			Weekly Lunch Specials	
SANDWICHES			MONDAY	
Please specify: sandwich, wrap or roll (roll +50c)				
Choice of ONE filling: Cheese, Tuna, Curried Egg, Egg, Baked Beans, Spaghetti or Salad	\$3.00		Beef Pie	\$4.20
			Sausage Rolls	\$3.50
Ham or Chicken only	\$3.00		Hotdogs	\$4.00
Vegemite Sandwich	\$2.00		½ Hot Dogs	\$3.00
Toasted Sandwiches for ONE filling	\$3.50		TUESDAY	
Extra fillings or toasting	\$0.50			
SALAD BOWLS			Combo Deal: Burger (Beef, Chicken or Fish) with salad and a Slinky Apple	
Includes: Lettuce, Cucumber, Carrot & Dressing			\$5.50	
			WEDNESDAY	
Small	\$3.00			
Large	\$4.50		Sushi – Chicken, Tuna or Vegetarian	\$6.00
Extra Ham, Chicken, Tuna or Egg	\$1.00			
Extra Cheese (low fat) or Beetroot	.50c		THURSDAY	
			Fried Rice with a Bottle of Water	\$5.50
OTHER DAILY LUNCH ITEMS			FRIDAY	
Hot Chicken & Mayo Roll	\$4.50		Beef Pie	\$4.20
½ Hot Chicken & Mayo Roll	\$3.00		Sausage Rolls	\$3.50
Sweet Chilli Chicken Strip & Salad Wrap (Lettuce, cucumber, carrot)	\$5.00		Nachos (Gluten Free)	\$4.00
Large Sweet Chilli Chicken Strip & Salad Wrap (Lettuce, cucumber, carrot)	\$6.00			
Chicken Tender & Salad Wrap (Lettuce, cucumber, carrot)	\$5.00		Drinks (Available Recess & Lunch)	
Fish & Salad Wrap with salad	\$5.00		Bottled Water	\$1.50
Pizza Slices - Bacon, Meatlovers, Cheese, Vegetarian or Hawaiian	\$4.00		Fresh reduced fat milk 225ml carton	\$1.50
Burgers- incl salad lettuce, cucumber, carrot (Chicken, Beef or Fish)	\$5.00		Flavoured Milks- Chocolate, Strawberry, Banana and Spearmint	\$2.50
Macaroni Cheese	\$4.50		Sipahh Straw – Assorted Flavours Comes with 225ml plain Hilo milk	\$2.00
Spaghetti Bolognese	\$4.50		Milo - Warm or Cold	\$1.50
Lasagne	\$4.50		Up & Go – Vanilla, Chocolate or Banana	\$2.00
Vegetarian Fried Rice (Gluten Free)	\$4.50		Juice Bombs- Blackcurrant, Tropical, Raspberry, Grape & Watermelon (Available Lunch Only)	\$2.50
Fried Rice	\$4.50			
Recess Menu			Fruit Juice- Apple, Apple/Blackcurrant, orange and Tropical (Available Lunch only)	
Cheesies Bacon, Spaghetti, Cheese low fat	60c		Ice Blocks (Available lunch only)	
Quesadilla (Tortilla, salsa, low fat cheese)	60c		Paddle Pops	\$2.00
Premium Chicken Breast Nuggets (4) (Available Wednesday only)	\$2.00		Frozen Juice Cup	\$1.00
Chicken Tenders (4) (Available Wednesday only)	\$2.00		Custard Pops	50c
Low fat yoghurt (Strawberry/Vanilla)	\$1.50		Additional	
Carrot sticks (cup)	50c		Tomato Sauce Sachets	30c
Slinky Apple (bring your own 20c)	80c		Sweet & Sour Sauce or BBQ Sauce Sachets	40c
Pikelets	50c		Lunch Bags - 10	50c
Fruit Cup (mix of seasonal fruit)	\$1.50		Lunch Bags - 20	\$1.00
Fruit Muffin (Mixed Berry/Apple/Banana)	\$1.00		Spoons/forks incl with food, otherwise	10c
Popcorn/Trail Mix (popcorn, sultanas, cheerio's)	20c/40c		ORDER ONLINE VIA QUICKCLIQ BEFORE 9AM - LATE ORDERS FOR QUICKCLIQ CUSTOMERS PLEASE CALL 1300 11 66 37.	
			INTERESTED IN VOLUNTEERING? CALL 9584 2600	