



# GROOVY GECKO

## Winter Menu Term 2 & 3 2022

<b>TRAFFIC LIGHT SYSTEM</b> All School Canteens are bound by Guidelines endorsed by WASCA					
<b>An everyday healthy choice 80% of the menu is green</b>				<b>GREEN</b>	
<b>Has some nutritional value but not the healthiest choice – only offered two days a week</b>				<b>AMBER</b>	
<b>Daily Lunch Menu</b>			<b>Weekly Lunch Specials</b>		
<b><u>SANDWICHES</u></b>			<b><u>MONDAY</u></b>		
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		<b><u>TUESDAY</u></b>		
Extra fillings or toasting	\$0.50				
<b><u>SALAD BOWLS</u></b>			<b><u>WEDNESDAY</u></b>		
Includes: Lettuce, Cucumber, Carrot & Dressing					
Small	\$3.00		<b>Combo Deal: Burger (Beef, Chicken or Fish) with salad and a Slinky Apple</b>		
Large	\$4.50		\$5.50		
Extra Ham, Chicken, Tuna or Egg	\$1.00				
Extra Cheese (low fat) or Beetroot	.50c		<b><u>THURSDAY</u></b>		
			Fried Rice with a Bottle of Water	\$5.50	
<b><u>OTHER DAILY LUNCH ITEMS</u></b>			<b><u>FRIDAY</u></b>		
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		<b>Drinks (Available Recess &amp; Lunch)</b>		
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				
<b>Recess Menu</b>			<b>Ice Blocks (Available lunch only)</b>		
Cheesies Bacon, Spaghetti, Cheese low fat	60c		Paddle Pops	\$2.00	
Quesadilla (Tortilla, salsa, low fat cheese)	60c		Frozen Juice Cup	\$1.00	
Premium Chicken Breast Nuggets (4) (Available Wednesday only)	\$2.00				
Potato Hash Brown (1) (Available Thursday only)	\$1.00		<b>Additional</b>		
Low fat yoghurt (Strawberry/Vanilla)	\$1.50		Tomato Sauce Sachets	30c	
Carrot sticks (cup)	50c		Spoons/forks incl with food, otherwise	10c	
Slinky Apple (bring your own 20c)	80c				
Pikelets	50c				
Fruit Cup (mix of seasonal fruit)	\$1.50				
Fruit Muffin (Mixed Berry/Apple/Banana)	\$1.00				
Popcorn/Trail Mix (popcorn, sultanas, cheerio's)	20c/40c		<b>ORDER ONLINE VIA QUICKCLIQ BEFORE 9AM - LATE ORDERS FOR QUICKCLIQ CUSTOMERS PLEASE CALL 1300 11 66 37.</b>		
			<b>INTERESTED IN VOLUNTEERING? CALL 9584 2600</b>		