

# GROOVY GECKO

## Winter Menu Term 2 & 3, 2019



All School Canteens are bound by Guidelines endorsed by WASCA

### TRAFFIC LIGHT SYSTEM

An everyday healthy choice

GREEN

Has some nutritional value but not the healthiest choice

AMBER

Not available for sale

RED

Daily Lunch Menu			Weekly Lunch Specials		
<b>SANDWICHES/TOASTIES/WRAP OR ROLLS</b>			<b>MONDAY</b>		
Please specify: sandwich, toastie, wrap or roll					
Choice of ONE filling: Chicken, Cheese, Tuna, Egg, Curried Egg, Baked Beans, Spaghetti or Salad	\$3.00	GREEN	Beef Pie	\$4.00	AMBER
			Mini Pies (x2)	\$3.50	AMBER
			Sausage Rolls	\$3.50	AMBER
Ham only	\$3.00	AMBER	Hotdogs	\$4.00	AMBER
Rolls, Toasties & Extra Fillings	50c ea	GREEN	½ Hotdogs	\$3.00	AMBER
Vegemite Sandwich	\$2.00	GREEN	<b>TUESDAY</b>		
<b>SALAD BOWLS</b>			Combo Deal: Burger (Beef, Chicken or Fish) & a Slinky Apple		
Includes: Lettuce, Cucumber, Carrot & Dressing			\$5.00		GREEN
Small	\$3.00	GREEN	<b>WEDNESDAY</b>		
Large (also includes tomato)	\$4.50	GREEN	Meatball Sub and Warm Milo	\$5.00	GREEN
Extra Ham, Chicken, Tuna or Egg	\$1.00	GREEN	<b>THURSDAY</b>		
Extra Cheese or Beetroot	50c	GREEN	Baked potato and warm milo	\$5.00	GREEN
<b>OTHER DAILY LUNCH ITEMS</b>			<b>FRIDAY</b>		
Hot Chicken & Mayo Roll	\$4.50	GREEN	Beef Pie	\$4.00	AMBER
½ Hot Chicken & Mayo Roll	\$3.00	GREEN	Mini Beef Pies (x2)	\$3.50	AMBER
			Sausage Rolls	\$3.50	AMBER
Sweet Chilli Chicken Strip & Salad Wrap	\$4.50	GREEN	Hotdogs	\$4.00	AMBER
Large Sweet Chilli Chicken Strip & Salad Wrap	\$5.50	GREEN	½ Hotdogs	\$3.00	AMBER
Chicken Tender & Salad Wrap	\$4.50	GREEN	Gluten free Nachos	\$4.00	AMBER
Fish & Salad Wrap	\$4.50	GREEN	<b>Drinks</b> (Available Recess & Lunch)		
Pizza Slices- Bacon, Meatlovers, Cheese, Vegetarian or Hawaiian	\$3.50	GREEN	Bottled Water	\$1.00	GREEN
Baked potato – Ham, Salsa & Corn or Baked Beans. With cheese, sour cream	\$4.00	GREEN	Fresh reduced fat milk (small cup)	\$1.20	GREEN
Spaghetti Bolognese	\$4.00	GREEN	Flavoured Milks- Chocolate, Strawberry, Banana or Neapolitan	\$2.00	GREEN
Meatball Submarine	\$4.00	GREEN	Milo- Hot or cold	\$1.50	GREEN
Burgers- Chicken, Beef or Fish	\$4.50	GREEN	Up & Go – Vanilla or Chocolate	\$2.00	GREEN
Fried Rice	\$4.00	GREEN	Juice Bombs- Blackcurrant, Tropical, Raspberry, Grape & Watermelon (Available Lunch Only)	\$2.50	AMBER
Lasagne	\$4.00	GREEN	Fruit Juice- Apple, Blackcurrant, Orange or Tropical	\$1.50	AMBER
Macaroni Cheese	\$4.00	GREEN	<b>Ice Blocks</b> (Available lunch only)		
Butter chicken	\$4.00	GREEN	Paddle Pops	\$2.00	AMBER
<b>Daily Recess Menu</b>			Ice Cream Cup- Vanilla	\$1.50	AMBER
Cheesies- Bacon, Spaghetti, Cheese	60c	GREEN	Icy Poles	70c	AMBER
Quesadilla (Tortilla, salsa, cheese)	60c	GREEN	Custard Pops (over counter only)	50c	AMBER
Fruit Cup (mix of seasonal fruit)	\$1.00	GREEN	<b>Additional</b>		
Trail Mix (popcorn, Cheerios & sultanas)	40c	GREEN	Tomato Sauce Sachets	30c	AMBER
Carrot sticks (cup)	50c	GREEN	Lunch Bags- 10	50c	AMBER
Slinky Apple (bring your own 20c)	80c	GREEN	Lunch Bags - 20	\$1.00	AMBER
Muffin	\$1.00	AMBER	Spoons/forks incl with food, otherwise	10c ea	AMBER
Mini Muffin	50c	AMBER	ANY HELP IN THE CANTEEN WOULD BE MUCH APPRECIATED. PLEASE CALL THE CANTEEN DIRECTLY ON (08) 9584 6227 ORDER AT CANTEEN BEFORE MORNING BELL OR ONLINE VIA QUICKCLIQ		
Pikelets	50c	GREEN			
Mini Pikelets	30c	GREEN			
Popcorn	20c	GREEN			
Low fat Yoghurt- Vanilla or Strawberry	\$1.50	GREEN			
Choc Yogo 100g	\$1.50	GREEN			