



GROOVY GECKO

Menu 2024

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	\$4.50
			Sausage Rolls	\$4.00
Ham or Chicken only	\$3.50		Hotdogs	\$4.50
Vegemite Sandwich	\$2.50		½ Hot Dogs	\$3.50
Toasted Sandwiches for ONE filling	\$4.00		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			\$6.00	
WEDNESDAY				
Small	\$3.50			
Large	\$4.80			
Extra Ham, Chicken, Tuna or Egg	\$1.00			
Extra Cheese (low fat) or Beetroot	.50c		THURSDAY	
FRIDAY				
OTHER DAILY LUNCH ITEMS			FRIDAY	
Hot Chicken & Mayo Roll	\$5.00		Beef Pie	\$4.50
½ Hot Chicken & Mayo Roll	\$3.50		Sausage Rolls	\$4.00
Sweet Chilli Chicken Strip & Salad Wrap (Lettuce, cucumber, carrot)	\$5.50			
Large Sweet Chilli Chicken Strip & Salad Wrap (Lettuce, cucumber, carrot)	\$6.50			
Chicken Tender & Salad Wrap (Lettuce, cucumber, carrot)	\$5.50		Drinks (Available Recess & Lunch)	
Fish & Salad Wrap with salad	\$5.50		Bottled Water	\$1.60
Pizza Slices - Bacon, Meatlovers, Cheese, Vegetarian or Hawaiian	\$4.50		Fresh reduced fat milk 225ml carton	\$1.50
Burgers- incl salad lettuce, cucumber, carrot (Chicken, Beef or Fish)	\$5.50		Flavoured Milks- Chocolate, Strawberry, Banana and Spearmint	\$3.00
Macaroni Cheese	\$5.00		Sipah Straw – Assorted Flavours Comes with 225ml plain Hilo milk	\$2.50
Spaghetti Bolognese	\$5.00		Milo - Warm or Cold	\$1.30
Lasagne	\$5.00		Up & Go – Vanilla, Chocolate or Banana	\$2.50
Vegetarian Fried Rice (Gluten Free)	\$5.00		Juice Bombs- Apple Cooler, Tropical, Raspberry, Grape & Watermelon (Available Lunch Only)	\$2.70
Fried Rice	\$5.00			
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		Moosies	\$2.00
Premium Chicken Breast Nuggets (4) (Available Wednesday only)	\$2.20		Frozen Juice Cup	\$1.00
Potato Hash Brown (Available Thursday only)	\$1.50		Custard Pops	50c
Low fat yoghurt (Strawberry/Vanilla)	\$2.00		Additional	
Carrot sticks (cup)	50c		Tomato Sauce Sachets	30c
Slinky Apple (bring your own 20c)	\$1.50			
Pikelets	50c			
Fruit Cup (mix of seasonal fruit)	\$1.80			
Fruit Muffin brownies	\$1.50		Spoons/forks incl with food, otherwise	10c
Popcorn/Trail Mix (popcorn, sultanas, cheerio's)	30c/40c		ORDER ONLINE VIA QUICKCLIQ BEFORE 8:30AM - LATE ORDERS FOR QUICKCLIQ CUSTOMERS PLEASE CALL 1300 11 66 37. INTERESTED IN VOLUNTEERING? CALL 9584 6200	