



# GOOD SHEPHERD SCHOOL CANTEEN

## TERM 4/1 2017/18



Canteen open from 8.15am until 1.15pm Wednesday and Friday

Thank you for using the canteen, all orders no matter how small go back into the school.

\* Please note Lunch Bags are supplied, however spoons and forks are .10c if not with a Canteen or

\* GF + GLUTEN FREE \*SALAD INCLUDES- LETTUCE TOMATO CUCUMBER CAROTT-G GREEN-A AMBER

### FRESH DAILY SANDWICHES ROLL WRAPS

G EGG LETTUCE & MAYO	\$2.50	\$2.70	\$3.00
G CHEESE & VEGEMITE	\$2.50	\$2.70	\$3.00
G CHICKEN & SALAD	\$3.50	\$3.70	\$4.00
G TUNA MAYO & LETTUCE	\$2.50	\$2.70	\$3.00
G EGG & LETTUCE	\$2.50	\$2.70	\$3.00
G CHEESE, TOMATO & LETTUCE	\$2.50	\$2.70	\$3.00
G CHICKEN CHEESE & MAYO	\$3.50	\$3.70	\$4.00
G HAM & SALAD	\$3.00	\$3.20	\$3.50

ADD .50C- FOR BEETROOT & CHEESE- 30C FOR EXTRA SALAD

### SALAD BOWLS

G CHICKEN /SALAD-gf	\$4.00
G CHEESE/SALAD-gf	\$3.50
G EGG/SALAD-gf	\$3.50
LETTUCE-TOMATO-CAROTT-CUCUMBER FRENCH DRESSING-40c BEETROOT & CHEESE	

### TOASTED SANDWICHES

G CHEESE/TOMATO	\$3.30
G HAM/CHEESE/TOMATO	\$3.50
G HAM/CHEESE/PINEAPPLE	\$3.50
G CHICKEN/CHEESE	\$4.00
G HAM/CHEESE	



### DAILY ITEMS

G NEW HOME MADE SUSHI – TERIAKI CHICKEN	\$4.00		
G HOT DOG	\$3.50	A NUGGETS	\$3.00
G FRIED RICE –GF	\$4.00	A NUGGETS-GF	\$3.00
G CORN COB-GF	.80	A SAUSAGE ROLL	\$2.80
G TOMATO SAUCE-GF	.50		

### WEDNESDAY SPECIALS

G MAKE YOUR OWN PIZZA	\$3.50
SELECT 3 TOPPING	
CHEESE TOMATO	
PINEAPPLE	
MUSHROOM	
CAPSICUM HAM	

### FRIDAY SPECIALS

G CHICKEN STRIP WRAP	\$4.00
LETTUCE MAYO OR BUTTER EXTRA SALAD .50c	
A FISH & CHIPS	\$4.00

### RECESS

G SPAGHETTI TOPPER	\$1.00
A QUICHE	\$1.00
A VEGEMITE/CHEESE PINWHEEL	.60
A PIZZA PINWHEEL	.60
G YOGHURT POUCH-VANILLA	\$1.60
-STRAWBERRY	
A JELLY CUP	\$1.00
G FRUIT SALAD CUP	\$1.50
COMBO JELLY AND FRUIT	\$2.00
G APPLE SLINKY-gf	.80
G CHOC YOGO -GF	\$2.20
A RICE STIX-GF	\$1.00
A MUFFINS-CHOCOLATE CHIP	\$1.00

### DRINKS

G WATER-gf	\$1.50
G CHOC MILK-gf	\$2.30
G BANANA MILK-gf	\$2.30
G STRAWBERRY MILK-gf	\$2.30
A APPLE JUICE	\$1.50
A BLACKCURRANT/APPLE	\$1.50
A JUICE BOMB-gf	\$2.30
(BLACKCURRANT/ RASPBERRY)	

### AFTER LUNCH SALES

G ZINGER (YOGHURT/JUICe)	\$1.00
HALF	.50
A BILLABONG	\$1.60
A FROZEN YOGHURT	\$2.00
APPLE/SLINKY-POPCORN- MUFFINS	



# GOOD SHEPHERD CANTEEN

## Canteen Open 2 Days-Wednesday and Friday

Our canteen is now available for you to order online for both recess and lunch. Excursion lunch orders will also be available.

Cut off time for placing online orders is 9.00am

[www.ouronlinecanteen.com.au](http://www.ouronlinecanteen.com.au)



Thank you for using the canteen, all orders no matter how small all go back into the school.

Lunch order bags are available at the Canteen, these need to be filled out fully with Name, Class and the Money Section completed to ensure the correct change is given. Lunch bags can sometimes be ripped or damaged and coin lost.

eg	NAME	CLASS
	John Smith	2 Red
TOTAL	AMOUNT TENDERED	CHANGE
\$2.50	\$3.00	.50c

Years 1, 2 and 3 lunch orders are to be dropped to the canteen by students by 9.00am and picked up from canteen at lunch time.

Any children without lunch may get a note from class teacher and lunch will be provided with a note for parents.

Pre-primary Kindergarten Years 1, 2 and 3. Are to place lunch orders in the basket in the class room. Lunch orders will get picked up at lunch time.

**Recess ordering is available for Pre Primary and Kindergarten.**

Please notify the school of any food allergies. There are some Gluten Free products on the menu however, Gluten Free bread can also be organised if requested.

The aim of the canteen is to provide a good value and healthy menu to the school community. The canteen is run by parent help on a daily rostered basis so that the children can benefit from this. If you are able to help in the canteen once a month or once a term, please contact the canteen.

Wendy Lazzari

Canteen Manager