



# GOOD SHEPHERD SCHOOL CANTEEN TERM 2 2017

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 order.

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



## WEDNESDAY

|                        |        |
|------------------------|--------|
| G MACARONI CHEESE      | \$4.00 |
| G SPAGHETTI BOLOGNAISE | \$4.00 |
| ABOVE HOME MADE        |        |
| G FRIED RICE -GF       | \$4.00 |
| G CORN COB-GF          | .80    |
| A NACHOS-GF            | \$4.00 |
| A NOODLES CHICK/BEEF   | \$2.50 |
| A SAUSAGE ROLL         | \$2.80 |
| A NUGGETS              | \$3.00 |
| A NUGGETS-GF           | \$3.00 |

|                            |        |
|----------------------------|--------|
| G HAMBURGER                | \$4.00 |
| SERVED WITH LETTUCE/CARROT |        |
| G CHEESE BURGER            | \$4.00 |
| G TOMATO SAUCE-GF          | .50    |

## FRIDAY

|                        |        |
|------------------------|--------|
| G MACARONI CHEESE      | \$4.00 |
| G SPAGHETTI BOLOGNAISE | \$4.00 |
| ABOVE HOME MADE        |        |
| G FRIED RICE -GF       | \$4.00 |
| G CORN COB-GF          | .80    |
| A NACHOS-GF            | \$4.00 |
| A NOODLES CHICK/BEEF   | \$2.50 |
| A SAUSAGE ROLL         | \$2.80 |
| A NUGGETS              | \$3.00 |
| A NUGGETS-GF           | \$3.00 |

|                            |        |
|----------------------------|--------|
| G CHICKEN BURGER           | \$4.00 |
| SERVED WITH LETTUCE/CARROT |        |
| A HOT DOG                  | \$3.50 |
| G TOMATO SAUCE-GF          | .50    |

## TOASTED SANDWICHES

|                        |        |
|------------------------|--------|
| G BAKED BEANS          | \$3.00 |
| 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           | \$3.30 |
| G CHEESE               | \$3.00 |

## FRESH SANDWICHES/ROLLS

|                   |        |
|-------------------|--------|
| G EGG/CURRIED EGG | \$3.50 |
| G CHICKEN         | \$3.50 |
| G HAM             | \$3.00 |
| G VEGEMITE        | \$2.50 |
| G CHEESE          | \$2.50 |

ADD .50c FOR WRAP, SALAD OR BETROOT

## SALAD BOWLS

|                     |        |
|---------------------|--------|
| G CHICKEN /SALAD-GF | \$4.00 |
| G CHEESE/SALAD-GF   | \$3.50 |
| G EGG/SALAD-GF      | \$3.50 |

LETTUCE-TOMATO-CAROTT-CUCUMBER



ORDER ON LINE TODAY! @  
[WWW.OURONLINECANTEEN.COM.AU](http://WWW.OURONLINECANTEEN.COM.AU)  
ORDERS TO BE PLACED BY 9AM



## RECESS

|                             |        |
|-----------------------------|--------|
| G PIZZA SUB                 | \$1.20 |
| G SPAGHETTI TOPPER          | \$1.00 |
| A QUICHE                    | \$1.00 |
| A VEGEMITE/CHEESE PIN WHEEL | .60    |
| A PIZZA PIN WHEEL           | .60    |
| G WARM MILO                 | \$1.00 |
| G APPLE SLINKY-GF           | .80    |
| G CHOC YOGO -GF             | \$2.20 |
| A RICE STIX-GF              | \$1.00 |
| A MUFFINS-CHOCOLATE CHIP    | \$1.00 |
| -VANILLA CHOC 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 |
| (BLACKCURANT/ RASPBERRY) |        |

## AFTER LUNCH SALES

|                              |        |
|------------------------------|--------|
| G ZINGER (YOGURY/JUICE)-GF   | \$1.00 |
| HALF                         | .50    |
| A MOOSIES ICECREAM (ASSTD)   | \$1.50 |
| G WARM MILO                  | \$1.00 |
| 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, this 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 3, 4, 5 and 6** 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 and 2** are to place lunch orders in the basket at 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