

**Morning Recess Everyday** (Please write on a separate bag)

|                          |        |
|--------------------------|--------|
| Cheesie                  | \$0.00 |
| Oat biscuit              | \$0.00 |
| Air popped popcorn       | \$0.00 |
| Cup of cold or warm milo | \$0.00 |

**MONDAY** Pizza sub \$0.00

**WEDNESDAY** Ham & cheese gozleme  
Spinach & cheese gozleme

Half \$0.00

Whole \$0.00

**FRIDAY** Pikelets x3 \$0.00

Lemon myrtle pikelets x3 \$0.00

**Recess & Lunch Everyday**

Fruit & veg cup (using seasonal fruit & vegie) \$0.00

Piece of seasonal fruit \$0.00

Yoghurt tub (strawberry) \$0.00

**Lunch Everyday****Sandwiches, rolls & wraps.**

White, wholemeal & multigrain bread available for sandwiches & rolls.

White or wholegrain available for wraps.

If choice of bread not specified, all sandwiches are made with 1 white & 1 wholemeal slice.

|                           | <u>Sandwich</u> | <u>Roll or Wrap</u> |
|---------------------------|-----------------|---------------------|
| Vegemite                  | \$0.00          | \$0.00              |
| Ham                       | \$0.00          | \$0.00              |
| Ham & cheese              | \$0.00          | \$0.00              |
| Ham, cheese & tomato      | \$0.00          | \$0.00              |
| Ham, cheese & lettuce     | \$0.00          | \$0.00              |
| Ham & salad               | \$0.00          | \$0.00              |
| Salad only                | \$0.00          | \$0.00              |
| Cheese & salad            | \$0.00          | \$0.00              |
| Chicken & salad           | \$0.00          | \$0.00              |
| Herb chicken & salad      | \$0.00          | \$0.00              |
| Moroccan chicken & salad  | \$0.00          | \$0.00              |
| Chicken, cheese & avocado | \$0.00          | \$0.00              |
| Tuna & salad              | \$0.00          | \$0.00              |

Salad consists of lettuce, tomato, grated carrot & cucumber.

Add cheese for \$0.00, mayonnaise for \$0.00 or avocado for \$0.00

Extra: Gluten free \$0.00

All sandwiches can be toasted at no charge, just specify "Toasted"

Salad tub Small \$0.00 Large \$0.00

Small & large consists of lettuce mix, tomato, cucumber, carrot & cheese.

Add ham, chicken or tuna to any salad for an extra \$0.00 each

Add mayonnaise for \$0.00

Roast veggie salad Small \$0.00 Large \$0.00

Mix of potato, pumpkin, beetroot, red onion & spinach

Add ham, chicken or tuna to any salad for an extra \$0.00 each

**Monday's Mouth-Watering Lunch Special**

Sushi Half \$0.00

Chicken, cucumber & mayo Whole \$0.00

Tuna, cucumber & mayo

Cucumber, red capsicum, carrot & mayo

Soy sauce \$0.00

**Wednesday's Wicked Lunch Specials**

Penna pasta with a veggie pasta sauce \$0.00

Extra: Beef or chicken meatballs each \$0.00

Extra: Cheese \$0.00

Extra: Gluten free pasta \$0.00

**Friday Favourites Lunch Specials**

Pizza squares – Pizzas are about 12.5cm x 12.5cm & come on a focaccia bread base with pizza sauce & cheese.

Ham & cheese \$0.00

Ham & pineapple \$0.00

Vegorama (mushrooms, capsicum & tomato) \$0.00

Capricciosa (ham, mushrooms & black olives) \$0.00

**Drinks Available Recess & Lunch**

Small hilo plain milk 225mL \$0.00

Flavoured milk 300mL (chocolate, strawberry, banana or spearmint) \$0.00

Up & Go (chocolate, vanilla or strawberry) \$0.00

**Drinks Available at Lunch Only**

Fruit juice 250mL (orange, apple blackcurrant, apple or tropical) \$0.00

**Ice Creams Available at Lunch Only**

Paddle pop (chocolate, rainbow or caramel choc) \$0.00

Light vanilla ice cream cup \$0.00

Juicies icypole (100% Fruit Juice Tubes) \$0.00

(tropical, lemonade, orange or wildberry)

Froyo2go frozen yoghurts & sorbets \$0.00

(Check board at canteen for current flavours)

Frozen milk pops – Flavours vary daily \$0.00

(not available on flexischools: only cash at canteen until sold out)

## Welcome to The Snack Shack at South Coogee Primary School

The Snack Shack adheres to the school policy of being allergy aware and operates under the West Australian Department of Education's *Healthy Food and Drink* policy, introduced to all public schools in 2007. The policy is based on the Australian Dietary Guidelines for children and adolescents and a 'Traffic Light System' for rating the suitability of food and drinks.

|       |  |
|-------|--|
| Green | Fill the menu with at least 60% of green choices |
| Amber | Select carefully, no more than 40% amber choices |
| Red   | Off the menu                                     |

The Canteen's aim is to provide our students with the best possible food produce using the resources currently available, and to provide a service for parents, students and teachers that is nutritious and healthy without making it cost prohibitive.

All our food is made fresh, from scratch in the Canteen. The only pre-packaged items are the drinks and ice creams.

### FRESH - HEALTHY - DELICIOUS

Good food helps our kids to learn, to play and to enjoy life.

### WE NEED YOU!

Your canteen cannot successfully run without the help of volunteers, mums, dads, grandparents and friends. If you would like to be involved in the preparation of recess and lunch, please come and see us. Whether it is weekly, fortnightly, monthly or even once a term that you can come in, from 1 hour to 4 hours, your help is greatly appreciated.

Don't be put off, it's not that hard and it's a lot of fun!

The feedback is that our volunteers have a great time making new friends, chatting and getting to know all the students. We have complimentary tea, coffee and you get to try some of our yummy food.

## The Snack Shack at South Coogee Primary School Term 2 2021 Menu

The Snack Shack is open Monday, Wednesday and Friday from 8.30 am until 1.30pm for before school sales, order placements, recess and lunch.

**Canteen ordering:** Lunch Bags are available from the canteen at no charge. Please write your order on a lunch bag along with the child's name and class number. Place correct money in the bag and place in the letter box at the canteen or hand over to canteen staff before school starts.

Please place **Recess** orders in separate bags with an "R" written on the top. Children are to collect their recess from the canteen at recess time.

**On-line ordering:** This can be done by logging on to [www.flexischools.com.au](http://www.flexischools.com.au)

Register and then follow the prompts.

Order for the day or up to a week in advance!

Lunch baskets are collected by a senior student and taken to the appropriate areas.

**All orders must be received by 9am!**



Canteen Supervisor:

Phone:

Email: