

Ice Creams available at lunch time only

Paddle Pop (chocolate, Banana or Rainbow)	\$1.50
Paddle Pop Yoghurt (Tropical)	\$1.50
Light Vanilla Ice Cream Cup	\$1.20
Frozen Yoghurt Cup (Strawberry or Mango)	\$1.20
Juicies Icy pole (100% Fruit Juice Tubes) (Tropical, Lemonade, Orange or Wildberry)	\$1.20

Welcome to the South Coogee Primary School Canteen.

The Canteen adheres to the school policy of being a nut free zone 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 National Dietary Guidelines for children and adolescents in Australia and the Australian guide to Healthy Eating; 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.

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, your help is greatly appreciated. Don't be put off, it's not that hard! In fact, most Mums have a great time making new friends, chatting and getting to know all the students. We have complimentary coffee, tea and all volunteers get a choice of one free meal for one of their children

We love feedback, well okay, only if it's positive! ;) We are trying to make our Canteen a fantastic place with great food and great atmosphere for parents, so if you have an idea, a suggestion or a recipe that we might be able to use in the Canteen please contact the Canteen Supervisor anytime.

South Coogee Primary School Canteen Menu Term 1 Menu 2017

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

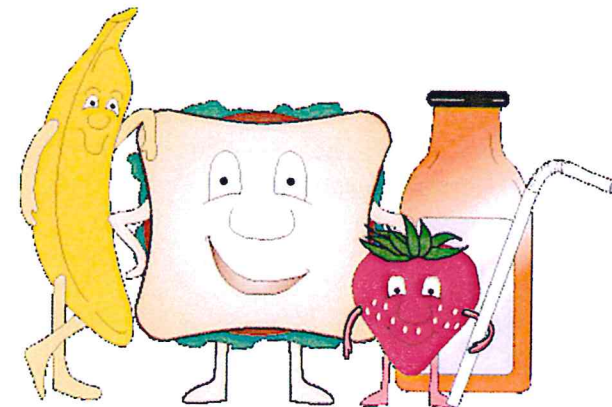
Canteen ordering: Lunch Bags are available from the canteen at no charge. Please write your order on a lunch bag along with the child's name and class number. Place correct money in the bag and place in the letter box at the canteen or hand over to canteen staff before school starts. Please place **Recess**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

All orders must be received by 9am



Canteen Supervisor: Natasha Separovich
Phone: 9494 8000

Morning Recess everyday (please write on a separate bag)

Oat and Coconut Biscuit	\$0.50
Cup of Cold Milo	\$1.20
<i>(Above 2 items also available before school on Fridays)</i>	
Bag of Popcorn	\$1.20
Cheesie	\$1.50

<u>MONDAY</u>	Pizza Sub	\$2.00
<u>WEDNESDAY</u>	Pizza Sub	\$2.00
<u>FRIDAY</u>	Pikelets (2 per serve)	\$1.20

Recess and Lunch everyday

Snack attack bags (vegie sticks and cheese cubes)	\$1.20
Summer Fruit Stick	\$1.20
Piece of seasonal fruit	\$1.00
Yoghurt tub (<i>vanilla or strawberry</i>)	\$2.00
Chocolate Yogo	\$2.00

Monday Scrumptious Lunch Specials

Hot Chicken and Mayo Roll	\$4.50
Mouth-Watering Beef Burger	\$5.00
<i>(Burger comes with a homemade beef patty, lettuce, tomato, cucumber and tomato sauce)</i>	
Add cheese or mayo for an extra \$0.30 each.	

Wednesday-Licious Lunch Special

2 Sausage rolls with a scrumptious bag of goodness	\$4.70
<i>(Includes 2 medium homemade sausage rolls and bag of vegie sticks and small serve of fruit)</i>	
1 medium Sausage roll with a scrumptious bag of goodness	\$3.70
<i>(suitable for the little ones, Kindy/Pre-Primary kids)</i>	
Individual tomato sauce	\$0.30

Friday Favourites Lunch Specials

Pizza squares - Pizzas are approx. 12.5cm x 12.5cm and come on a Foccacia bread base with pizza sauce and cheese.

Ham & cheese	\$3.20
Ham & pineapple	\$3.50
Vegorama (<i>mushrooms, capsicum & tomato</i>)	\$3.80
Capricciosa (<i>ham, mushrooms & black olives</i>)	\$3.80
Teriyaki Chicken (<i>not available for Kindy</i>)	\$4.50

Freshly made and served with steamed white rice.

Lunch Available everyday

Sandwiches and Rolls

White, wholemeal and multigrain bread available for Sandwiches.

White or wholegrain available for rolls.

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

	<u>Sandwich</u>	<u>Roll</u>
Vegemite	\$2.70	\$3.20
Ham	\$3.20	\$3.70
Ham & cheese	\$3.50	\$4.00
Ham, cheese and tomato	\$3.50	\$4.00
Ham, cheese and avocado	\$3.70	\$4.20
Ham, cheese and lettuce	\$3.50	\$4.00
Ham and salad	\$4.00	\$4.50
Salad only	\$3.50	\$4.00
Cheese and salad	\$3.80	\$4.30
Chicken and salad	\$4.50	\$5.00
Chicken, cheese and avocado	\$4.20	\$4.70
Tuna & Salad	\$4.50	\$5.00

Salad consists of lettuce, tomato, carrot and cucumber.

Add cheese or mayonnaise for \$0.30 each

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

Salad Tub	Small	\$3.80	Large	\$4.80
Small consists of lettuce, tomato, cucumber, carrot and Cheese.				
Large includes an egg.				
Add ham, chicken or tuna for an extra \$1.00 each				
Individual portion salad dressing				\$0.30

Pasta Salad	Small	\$4.00	Large	\$5.00
Pasta salad consists of pasta, green beans, capsicum, cucumber, cherry tomatoes and herb vinaigrette dressing.				
Add Ham, chicken or tuna for an extra \$1.00 each.				

Drinks available recess and lunch

Bottled water 350ml	\$1.50
Bottled Water 600ml	\$2.00
Small Hilo Plain milk 225ml	\$1.20
Flavoured milk 300ml (<i>chocolate, strawberry or choc mint</i>)	\$2.00
Up and Go (<i>chocolate, vanilla or strawberry</i>)	\$2.00
Fruit Juice 250ml (<i>orange, apple blackcurrant or apple</i>)	\$2.00