

**The Snack Shack**  
**at South Coogee Primary School**  
**Term 3 Menu 2018**

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: Natasha Separovich  
Phone: 9494 8000  
Email: [scpscanteen@hotmail.com](mailto:scpscanteen@hotmail.com)

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

Cup of Warm Milo (Available before school Fridays & late opening Wednesdays)	\$1.50
Cheesie	\$1.50
Oat and Coconut Biscuit	\$0.50
Bag of Popcorn	\$1.20

<b>MONDAY</b>	Pizza Sub	\$2.00
	Scrolls (Pizza or Cheese & Vegemite)	\$1.00
<b>WEDNESDAY</b>	Pizza Sub	\$2.00
	Mini Chocolate muffins	\$1.00
<b>FRIDAY</b>	Pikelets (2 per serve)	\$1.20

**Recess and Lunch everyday**

Fruit Cup (using seasonal fruit)	\$1.50
Snack attack bags (vegie sticks, crackers & cheese cubes)	\$1.50
Piece of seasonal fruit	\$1.00
Yoghurt tub (strawberry)	\$2.00
Chocolate Yogo	\$2.00

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

White, wholemeal and multigrain bread available for Sandwiches.

White or wholegrain available for rolls and wraps.

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

	<u>Sandwich</u>	<u>Roll or Wrap</u>
Vegemite	\$2.80	\$3.30
Ham	\$3.20	\$3.70
Ham & cheese	\$3.50	\$4.00
Ham, cheese and tomato	\$3.70	\$4.20
Ham, cheese and lettuce	\$3.70	\$4.20
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	\$4.50	\$5.00
Tuna & Salad	\$4.50	\$5.00

Salad consists of lettuce, tomato, grated 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 all above plus a hard boiled egg.				
Individual portion salad dressing		\$0.30		

Add ham, chicken or tuna to any salad for an extra \$1.00 each

**Monday's Mouth Watering Lunch Specials**

2 Sausage rolls with a scrumptious bag of goodness	\$4.80
<i>Includes 2 medium homemade sausage rolls with a bag of vegie sticks &amp; 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, Year 1.</i>	
Individual tomato sauce	\$0.30
Beef Burger	\$5.00
<i>Beef Burger comes with a Canteen made beef patty, lettuce, tomato, cucumber and tomato sauce in a wholemeal roll.</i>	
Add cheese or mayonnaise for an extra \$0.30 each.	

**Wednesday-Licious Lunch Specials**

2 Sausage rolls with a scrumptious bag of goodness	\$4.80
<i>Includes 2 medium homemade sausage rolls with a bag of vegie sticks &amp; 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, Year 1.</i>	
Individual tomato sauce	\$0.30
Chicken Sub	\$5.00
Canteen crumbed chicken breast pieces, with lettuce & mayo in a long roll.	

**Friday Favourites Lunch Specials**

Pizza squares - Pizzas are approx. 12.5cm x 12.5cm and come on a Focaccia bread base with pizza sauce and cheese.	
Ham & cheese	\$3.50
Ham & pineapple	\$3.80
Vegorama (mushrooms, capsicum & tomato)	\$4.00
Capricciosa (ham, mushrooms & black olives)	\$4.00
Pasta of the day (not available for Kindy)	\$5.00
Odd week is Macaroni Cheese, even week is Penne Bolognese.	
<i>(All pasta sauces are made freshly on site)</i>	

**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 (chocolate, strawberry, banana or neapolitan)	\$2.00
Up and Go (chocolate, vanilla or strawberry)	\$2.00
Fruit Juice 250ml (orange, apple blackcurrant, apple or tropical)	\$2.00

**Ice Creams available at lunch time only**

Paddle Pop (chocolate, banana or rainbow)	\$1.60
Paddle Pop Yoghurt (tropical)	\$1.00
Light Vanilla Ice Cream Cup	\$1.20
Juicies Icopole (100% Fruit Juice Tubes) (tropical, lemonade, orange or wildberry)	\$1.20
Froyo2go Frozen Yoghurts & Sorbets (Check board at Canteen for current flavours)	\$2.00

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

The Snack Shack 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, from 1 hour to 4 hours, your help is greatly appreciated.

Don't be put off, it's not that hard & 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 morning tea.