

**Kaya** (Hello)

**Wanju** (Welcome) to South Coogee Primary School's Canteen

We are open on Wednesday, Thursday and Friday

8.30am until 1.30pm for before school sales, recess and lunch.

We adhere to the school policy of being allergy aware and operate 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

Our aim is to provide our students and staff with the best possible food that is nutritious, healthy and made fresh daily.

### **Volunteers**

We need your help to successfully run our canteen. All volunteers are welcome; Mums, Dads, Grandparents & 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! 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.

**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 9.00am!**

Canteen Supervisor: Liliana Rebola

Phone: (08) 6174 1500

Email: [scpscanteen@hotmail.com](mailto:scpscanteen@hotmail.com)



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

Oat Biscuit or Lemon Myrtle Biscuit Gluten Free (limit two)	\$0.50
Cup of cold or warm milo	\$2.00
Breakfast Berry Smoothy or Watermelon slushie	\$4.00
Cheesie (Add tomato or grated carrot extra \$0.50 each)	\$2.00

**Recess daily specials**

<b>Wednesday</b> Pumpkin Scone	\$3.00
<b>Thursday</b> Pizza Sub	\$2.50
<b>Friday</b> Plain pikelets x3 or Lemon Myrtle Pikelets x3	\$1.50

**Recess and Lunch everyday**

Fruit and Veg Cup (using seasonal fruit and veggie)	\$2.50
Piece of seasonal fruit	\$1.50
Yoghurt tub (strawberry)	\$2.50
Air popped Popcorn	\$0.50
Yogurt, oats & frozen fruit cup	\$3.50

**Lunch daily specials****Wednesday**

Sushi bowl	
Rice, cucumber, shredded seaweed, carrot and mayo	\$6.00
Add: Teriyaki Chicken or Tuna	\$2.00
Add: Soy Sauce \$0.30 Avocado \$0.50	

**Rice paper rolls**

Vegetarian mix slaw and Vermicelli noodles x2	\$6.00
Add: Teriyaki Chicken or Tuna	\$2.00
Add: Soy sauce \$0.30 Avocado \$0.50	

**Thursday**

2 Sausage rolls with a scrumptious bag of goodness	\$6.00
Includes 2 medium homemade sausage rolls with small salad.	

1 medium Sausage roll with a scrumptious bag of goodness	\$4.00
Add: Individual tomato sauce	\$0.30

Vegetarian Curry with rice	\$6.00
Add: Chicken or Kangaroo	\$2.00

**Friday**

Mexi bowl beef mince with corn, beans and shredded lettuce	\$6.00
Add: Lite Sour Cream \$0.30 Avocado \$0.50	

Pizza squares – Focaccia bread base with pizza sauce and cheese.	
Ham & cheese	\$5.00

Ham & pineapple	\$5.20
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Vegorama (mushrooms, capsicum & tomato)	\$5.20
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Capricciosa (ham, mushrooms & black olives)	\$5.20
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Extra: Gluten Free \$1.00

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

White, wholemeal and multigrain bread available for Sandwiches and Rolls.

White or wholegrain available for 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	\$3.50	\$4.00
Cheese	\$3.50	\$4.00
Ham	\$3.50	\$4.00
Ham & cheese	\$4.00	\$4.50
Ham, cheese and tomato	\$4.30	\$4.80
Ham, cheese and lettuce	\$4.30	\$4.80
Ham and salad	\$4.50	\$5.00
Salad only	\$4.00	\$4.50
Cheese and salad	\$4.30	\$4.80
Chicken and salad	\$5.50	\$6.00
Chicken, cheese and avocado	\$5.50	\$6.00
Tuna & Salad	\$5.50	\$6.00

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

Add: Cheese \$0.30, Mayonnaise \$0.20 serve, Beetroot \$0.30, Avocado \$0.50

Add: Moroccan or Herb seasoning on any sandwich

Extra: Gluten Free \$1.00.

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

Salad Tub	\$6.50
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Mix of lettuce, green leafy mix, tomato, cucumber, carrot and cheese.

Roast veggie salad	\$6.50
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Mix of potato, sweet potato, pumpkin, beetroot, red onion and green leafy mix

Add: Ham, Chicken or Tuna to any salad \$2.00 each serve

Add: Mayonnaise \$0.20

**Ice Creams available at lunch time only**

Paddle Pop Rainbow	\$2.00
Lite Vanilla or Juicies Icy pole (100% Fruit Juice Tubes)	\$1.50
Froyo2go Frozen Yoghurts & Sorbets (flavours vary)	\$2.50
Nippy's Frozen Cup (apple and blackcurrant)	\$2.00
Frozen Milk Pops – Flavours vary daily	\$0.20

(not available on Flexischools: only cash at Canteen until sold out)

**Green drinks available recess and lunch - Amber drinks lunch only**

Small Hilo Plain milk 225ml	\$1.50
Flavoured milk 300ml (chocolate, strawberry, or banana)	\$2.50
Up and Go (chocolate, vanilla or strawberry)	\$2.50
Fruit Juice 250ml (orange, apple blackcurrant, apple or tropical)	\$2.50