

## Kaya (Hello)

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

We are open on Wednesday, Thursday and Friday each week,  
from 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, 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's 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.

#### How to Order

##### In person:

- 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.

##### On-line:

- Log on to [www.flexischools.com.au](http://www.flexischools.com.au) or download the App.
- Register and then follow the prompts.
- Order for the day or up to a week in advance!

**Recess:** Children are to collect their order from the Canteen at recess time.

**Lunch:** Lunch baskets are collected by a senior student and orders are delivered to the children in their designated eating 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)



### Recess Daily Specials

Wednesday	Pizza or Vegemite scroll	\$2.00
Thursday	Plain or Lemon Myrtle Pikelets x3	\$1.50
Friday	Hash Brown	\$2.00

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

Cup of cold or warm Milo	\$2.00
Watermelon Slushie	\$3.00
Cheesie	\$2.00
(Add: Tomato or Grated Carrot \$0.50ea)	
Trail Mix	\$1.00
(Mix of popcorn, dried fruit & puff cereal)	
Pumpkin Scone	\$1.00
Hardboiled Egg	\$1.00
Warm Porridge with cinnamon and honey	\$2.00
Oat Biscuit (limit two)	\$0.50
Lemon Myrtle Biscuit Gluten free (limit two)	\$0.50

### Recess and Lunch Everyday

Fruit and Veg Cup	\$2.50
Piece of Seasonal Fruit	\$1.50
Yoghurt Tub (strawberry or Vanilla)	\$2.50
Air Popped Popcorn	\$0.50

### Green Drinks Available Recess & Lunch - Amber Drinks Available Lunch Time Only

Small Hilo Plain Milk 220ml	\$1.50
Flavoured Milk 250ml	\$2.50
Chocolate, Strawberry, or honeycomb)	
Fruit Juice 250ml	\$2.50
(Apple Blackcurrant, Apple or Tropical)	

### Ice Creams Available Lunch Time Only

Froyo2go Frozen Yoghurts & Sorbets	\$2.50
Paddle Pop Rainbow or Chocolate	\$2.00
Juicies Icy pole (100% Fruit Juice Tubes)	\$1.50
Lite Ice-cream Bucket Vanilla or strawberry	\$1.50
Frozen Milk Pops (flavours vary daily)	\$0.20
(Milk Pops unavailable on Flexischools: only cash at Canteen until sold out)	

Lunch Everyday

Spaghetti Bolognese	\$5.00
Lasagne	\$5.00
Mac & cheese (vegetarian)	\$5.00
Fried Rice (gluten free)	\$5.00
Butter chicken (gluten free)	\$5.00

Lunch Daily Specials

Wednesday

★ Chicken or Bean Enchiladas \$5.00  
Wrap with either chicken or beans – rice, grated zucchini and salsa topped with cheese. Extra: Avocado 50c Lite sour cream 50c

Thursday

★ Sausage Rolls \$5.00  
Includes 2 medium homemade sausage rolls with fruit and veggie sticks

Friday

★ Pizza Squares  
Focaccia bread base with pizza sauce and cheese. Gluten free base available.

◇ Margarita (Tomato & Herbs)	\$5.00
◇ Ham & Cheese	\$5.00
◇ Ham & Pineapple	\$5.20
◇ Capricciosa (Ham, Mushrooms & Black Olives)	\$5.20

Lunch Everyday

Create Your Own

Choose: Sliced Bread \$3.00 Roll or Wrap \$3.50 Turkish Roll \$4.00  
Gluten free selections available

Add a Protein: Tuna or Chicken \$2.00ea

Ham or Egg & Mayo Mix (plain or curry) \$1.00ea

Make it Green: Lettuce, Leafy Greens, Beetroot, Carrot, Tomato, Cucumber, Olives, Red Onion \$0.30ea

Extras: Avocado \$0.50

Slice of cheese \$0.30

Vegemite, Lite Cream Cheese or Chickpea Spread \$0.30

Mayo \$0.20

Moroccan or Herb Seasoning No Charge

Create Your Own Salad

Start with Lettuce, grated carrot and diced tomato. \$3.00

Add a Protein: Tuna, Chicken, Kangaroo or Tofu \$2.00ea

Ham or Egg \$1.00ea

Extras: Leafy Greens, Beetroot, Cucumber, Olives, Red Onion \$0.30ea

Roasted Potato, Sweet potato, Pumpkin or Avocado \$0.50

Slice of cheese \$0.30

Mayo \$0.20

Moroccan or Herb Seasoning No Charge

★ Sandwiches, Rolls, Wraps

◇ White, wholemeal and multigrain bread available for sandwiches and rolls.

◇ White, wholegrain or white gluten free available for wraps.

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

◇ No charge for toasting sandwiches, just ask for "toasted".