

The Food Shack Menu Term 4, 2018 Open Wed, Thurs & Fri for Recess and Lunch. To pre order lunch, please write your child's name, room number and lunch order on a **paper bag/lunch order bag** (NO ENVELOPES OR PLASTIC BAGS) and enclose the correct money. Orders should be placed in the canteen box in your child's classroom by 8:50 a.m.

online ordering available at: quickcliq.com.au

available at recess and lunch over counter	PRICE	Lunch – Pre-Ordered	PRICE
Yoghurt Vanilla 175g	\$2.00	Sandwiches - Wholemeal:	
Yoghurt Berry Muesli Cup	\$2.00	Salad (Lettuce, Tomato, Carrot & Cucumber)	\$2.50
Yogo Chocolate	\$1.00	+Chick/Ham/Tuna/Cheese/Avo/Beet	\$1.00
Corn on Cob (Hot)	\$1.00	Egg Mayonnaise & Salad	\$3.50
Apple Slinky (own apple 20c)	\$1.00	Cheese & Vegemite	\$3.00
Cheese and Crackers	\$1.00	Ham & Cheese	\$3.00
Rice Balls (Recess Only)	\$0.50	Cheese or Vegemite	\$2.50
Cheesies (Recess Only)	\$1.00	+Wholemeal Roll/Wrap	\$0.60
“New” Ham & Cheese Hot Pocket	\$1.00		
Muffin/Slice/Scone/Pikelet (counter sale)	\$0.50-\$1.00	Salad Box:	
Frozen Pineapple Ring	\$0.70	Salad, Beetroot, 1 slice bread	\$4.50
Icy Poles (Years 1-6 only)	\$1.00	+Ham/Chick/Tuna/Egg/Avo/Cheese	\$1.00
Ice Creams (Years 1-6 – Lunch Only)		Mini Picnic Box 1 x Rice Ball, Cheese & Crackers, ½ ham & cheese s/w and seasonal vegie sticks	\$4.50
Paddle Pop	\$2.00	Hot Food:	
Bulla 100ml 98% Fat Free Vanilla Cup	\$2.00	Toasties: Cheese	\$3.00
Moosie	\$2.00	+Tuna/Ham/Chicken	\$1.00
Hot or Cold Milo	\$1.50	Baked Beans/Spaghetti	\$3.00
Drinks:		Jacket Potato: Cheese	\$3.00
Water 600ml	\$1.50	Corn/Beans/Tuna/Ham/Chicken	\$1.00
Milk HiLo 225ml	\$1.50	Pizza: Ham & Pineapple or Cheese & Bacon	\$4.00
100% Juice 250ml (Apple/Orange/Tropical/ABC)	\$2.00	Meat Pie	\$3.80
Flavoured Milk Low Fat 300ml	\$3.00	Sausage Roll	\$3.00
(Choc/Strawberry/Banana)		Party Pie	\$1.20
Frozen Choc Chill	\$3.00	Hot Chicken & Mayo Roll	\$4.00
Extras: Tom Sauce/Mayo/Soy Sauce	\$0.30	Hot Dog with Tomato Sauce	\$4.00
Lunch Bags x 30 \$2.00 or 10c ea		Side Salad (with any item above)	\$1.50
		* Sushi (Choice of Chicken or Tuna or Vegetable)	
		AVAILABLE FRIDAYS MUST BE PREORDERED	\$6.50

FRESHLY MADE WEEKLY LUNCH SPECIALS \$6.00 on wed & THURS only

Please note as per Traffic Light System –
all Specials will come “as is” with no variations except in the case of Dietary Requirements e.g. allergies.

Week 1 8-12 Oct	Macaroni & Cheese
Week 2 15-19 Oct	Beef Shepherd’s Pie
Week 3 22-26 Oct	Beef Nachos with Salad and Guacamole
Week 4 29 Oct -1 Nov (Wed & Thurs)	Cheese Burger and Fries
Week 5 6 -9 Nov	Japanese Curry & Rice
Week 6 12-16 Nov	Fried Rice
Week 7 19-23 Nov	Chicken Teriyaki Wrap with Salad
Week 8 26-30 Nov	Summer Pasta Salad
Week 9 3-7 Nov	The Food Shack Meal Deal with Nuggets
Week 10 (Special Wed only)	Chicken Rice Paper Rolls with Hoisin Sauce



Traffic Light System: **Green** & **Amber** foods as per <https://www.det.wa.edu.au/healthyfoodanddrink>

Canteen Manager: Kris Robertson Email: lgpscanteen@gmail.com Tel: 9204 1039 Canteen Days

This email contact should **only** be used for Roster Communication.
It is only viewed the day/evening (until 7pm) prior to opening days.