



Good Shepherd Primary School – Term 1 – Summer 2017



Eat Fresh: Healthy Body, Healthy Mind!

Every Day Hot Food

Chicken Nuggets	each \$0.70
Chicken Nuggets	6 for \$4.00
Party Pie	\$1.00
Corn on the Cob	\$1.00
Hash Browns (3)	\$1.50
Garlic Bread	\$2.00
Chicken Fingers (6)	\$3.50
Vegie Burger	\$4.00
All Burgers include salad	
Salsa Wrap	\$4.50
Chicken Caesar Wrap	\$4.50
Sweet Chilli Chicken Wrap	\$4.50
Nemo Wrap	\$4.50
Lamb Kebab Wrap	\$4.50

Daily Specials

Monday

Traveller Pie	\$3.50
Sausage Roll	\$3.00

Tuesday

Hot Dog with Sauce	\$3.00
Pasta Bolognese	\$4.00

Wednesday

Lasagne	\$4.00
Fried Rice with Chicken Wings (2)	\$5.00

Thursday

Beef Burger	\$4.00
Butter Chicken & Rice	\$4.00

Friday

Chicken Burger	\$4.00
Pancakes (2)	\$3.50

Sushi Roll

(Available Tues, Wed, Thur)

Chicken & Cucumber	\$3.50
Chicken Teriyaki	
Tuna & Cucumber	

Sandwiches

AVAILABLE IN WHITE OR MULTIGRAIN
WRAP OR ROLL ADD 0.50c TO SANDWICH PRICE

Vegemite, Jam, Devon	\$2.00
Tomato, Cheese	\$2.50
Tuna or Egg	\$3.00
Leg Ham, Chicken or Salmon	\$3.50
Salad Sandwich	\$3.50
Lettuce Tomato, Cucumber, Beetroot & Carrot	
Salad with Devon or Cheese	\$3.90
Salad with Tuna or Ham	\$4.20
Salad with Chicken or Salmon	\$4.50
EXTRAS – Including Toasting	\$0.40

Salad

	Bowl	Box
Fresh Fruit Salad	\$2.50	\$4.00
Garden Salad	\$3.00	\$4.00
With Ham or Tuna	\$3.50	\$4.50
With Salmon or Chicken	\$4.00	\$5.00
Chicken Caesar Salad	\$4.50	\$5.50
Pasta Salad	\$3.00	\$4.00

Canteen Benko Box

	\$5.00
½ Sandwich, Chicken Wing, Cheese and Crackers, Kiwi Fruit, Strawberries & 2 Mini Muffins	

Pick & Mix Box (select 5 items)

	\$4.00
2 bread triangles, chicken, ham, tuna, cucumber, cheese, tomato, egg, carrot, beetroot, orange wedge	

Snacks

Piece of Fruit	\$1.00
Cookies, Delights, Popcorn, Jumpy's	\$1.00
Assorted Chips	\$1.30
Gingerbread Man 97% Fat Free	\$1.60
Screw Top Yoghurt	\$2.00
Fruit Yoghurt Cup	\$2.00
Banana Bread—Slice	\$3.00

Drinks

Juice - Poppers	\$1.60
Plain Milk 300ml	\$1.60
with Sippah Straw	\$2.20
Pop Top Juice	\$2.00
Bottled Water 600ml	\$2.00
Flavoured Milk Lite 300ml	\$2.30
Sparkling Water 500ml	\$2.50
Natural, Lime or Berry	
Iced Tea NO SUGAR 500ml	\$3.00
Sparkling Flavoured Water 600ml	\$3.00
Green Apple or Wild Raspberry	

Ice Blocks

Zooper Dooper	\$0.80
Frozen Juice Cup/ Icy Mony	\$1.00
Vanilla Ice Cream Cup	\$1.20
Paddle Pop	\$1.60
Slushie Cup	\$2.00
Streets Paddle Pop Cup	\$2.20

Visit the Canteen for ice block specials

PLEASE NOTE

- ◆ Recess orders are to be **PICKED UP FROM THE CANTEEN.**
- ◆ All **ICE CREAMS** ordered with lunch are given out when the **LUNCH BAG IS RETURNED TO THE CANTEEN.**

Order Your Lunch Online

Orders can be placed before 8:30am
www.flexischools.com.au



Check with the Canteen for the current Meal Deals \$5.00