

Goody Snack Shack

Term 3 2017 Menu



Goodwood Primary School

Goody Snack Shack

Term 3 Menu

The Goody Snack Shack Menu aims to provide a healthy and nutritious food and drinks consistent with the 'DECS *'Right Bite'* Healthy Food & Drink Supply Strategy for Schools and Preschools'.

The Goody Snack Shack is open **Tuesday to Friday, 9am to 2pm**, for lunch orders and over the counter purchases. Closed Mondays.

TO ORDER LUNCH FROM THE CANTEEN

1. **Write your Child's Name and Class Number** on a large paper lunch bag or Stickybeak lunch bag.
2. Using the Term Menu, **choose their lunch**. (In the last 3 weeks of term please list 3 different choices as stocks can be low.)
3. **Write the items you wish to order on the bag**.
4. **Enclose the correct money** if possible. For hygiene reasons please wrap the lunch money before placing it in the bag (if using brown paper bag).
5. Place the lunch order in the **Class Lunch Crate** provided in each classroom **before 9am**.

Food allergies. If your child has a food allergy and would like to order from the Canteen, please speak to Karen, Canteen Manager, to discuss their requirements.

No lunch? In the event of a child not having any lunch, they will be provided with a sandwich and piece of fruit and the cost sent home to the parents.

Volunteers welcome! We would appreciate any assistance to help prepare and serve food. Even a few hours here and there or a regular time each week, each fortnight or month. Whatever you could spare. Please contact Karen, Canteen Manager, during office hours to discuss.

Special Days. Throughout the year the Goody Snack Shack has a variety of special lunch days. Keep an eye out for order forms in the schools newsletters.

* * * * *

Goody Snack Shack

Term 3 2017 Menu

Sandwiches

	bread/wrap or roll
Vegemite	\$2.00/\$2.50
Cheese	\$2.50/\$3.00
Ham or Chicken	\$2.50/\$3.00
Salad (cucumber, lettuce, tomato)	\$3.50/\$4.00
Goody (cheese, lettuce, carrot & cucumber)	\$3.50/\$4.00
Ham or Chicken & Salad	\$4.00/\$4.50
extra – mayonnaise/sauce/mustard	\$0.50
extra – cheese	\$1.00
extra - salad	\$2.00



Jaffles

Cheese	\$3.00
Baked Beans & Cheese	\$3.50
Ham & Cheese	\$4.00

Chicken

Chicken Wrapper (chicken breast, lettuce, mayo wrap)	\$5.50
Chicken Wrapper Deluxe (chicken breast, lettuce, tomato, carrot, cucumber, mayo wrap)	\$6.00
Chicken Fillet Burger (chicken fillet, lettuce & mayo)	\$5.50
Chicken Fillet Burger Deluxe (chicken breast, lettuce, tomato, carrot, cucumber &, mayo)	\$6.00



Vegetarian Burger

Vegetarian Patty, lettuce & Mayo	\$5.50
----------------------------------	--------

Vegetarian Deluxe Burger

Vegetarian Patty, lettuce, tomato, carrot, cucumber &, mayo	\$6.00
----------------------------------------------------------------	--------

Frozen Stuff

Juicies (1/2 / whole)	\$0.50/\$1.00
Ice Cream Slice	\$1.00
Icey Pole	\$1.00
Frosty Fruit	\$1.50
Lifesaver	\$1.50
Slushy	\$2.00

Mrs Mac's Good Eating Pastries

Large Pie	\$4.50
Small Pie	\$4.00
Sausage Roll	\$4.50
Pastie	\$4.50
Sauce	\$0.50



Homemade Pastries

Sausage Roll	\$4.00
Vegie Triangle	\$4.00

Homemade

Macaroni Cheese	\$4.50
Spaghetti Bolognese	\$4.50
Fried Rice	\$4.00
<u>Pasta with Cheese</u>	<u>\$2.00/\$4.00</u>

Homemade Pizza

Ham & Cheese	\$4.00
Ham, Cheese & Pineapple	\$4.00
Margareta	\$4.00



Drinks

Spring Water	\$2.00
Plain Skimmer Milk (small/large)	\$0.80/\$1.80
Milkshake (small/large)	\$1.00/\$2.00
Smoothie (Berry or Banana)	\$3.00
Juice Apple, ABC, Tropical or Orange	\$2.00

Recess

A variety of items are available over the counter at recess and lunch

Fruit (various)	\$1.00
Pizza	\$0.50
Pasta (recess only)	per scoop \$1.00
Muffins (small/large)	\$0.30/\$0.60
Pikelets	\$0.20
Popcorn	\$0.10