



MENU November 2017

NSW Healthy School canteen Strategy Overall Menu rating		Everyday	89%	Occasional	11%
Recess		Everyday	75%	Occasional	25%
Cheese melt - 1/2 baguette light wholemeal topped with melted cheese			\$ 1.50		Everyday
Corn on the cob (1/2 cob served warm in a cup)			\$ 1.00		Everyday
Surprise Soup (roast tomatoes, with heaps of veggies, made in the canteen) WINTER ONLY			\$ 3.00		Everyday
Cold Food and snacks available for Recess & Lunch					
Fruit salad			\$ 3.00		Everyday
Fruit salad - Make your own - watermelon base \$1.50 with selected fruits at 50 cents per extra fruit			from \$1.50		Everyday
Fruit salad - Make your own - rockmelon base \$1.50 with selected fruits at 50 cents per extra fruit			from \$1.50		
Fruit Kebab - 3 fruits on a paddle pop stick			\$ 1.00		Everyday
Slinky Apple			\$ 1.00		Everyday
Coogee Snack bag : select your options from :					
Crackers, celery, baby tomatoes, cheese, cucumber or carrot sticks. hummus 50 cents per option			50c each option		Everyday
Fresh Fruit - Watermelon slices			\$ 0.50		Everyday
Fresh Fruit - Rockmelon slices			\$ 0.50		Everyday
Fresh Fruit - Apples			\$ 0.50		Everyday
Fresh Fruit - Oranges (2 x 1/4 pieces)			\$ 0.50		Everyday
Fresh Fruit - Mandarin (when is season)			\$ 0.50		Everyday
Fresh Fruit - 20 gram bag of fresh grapes			\$ 0.50		Everyday
Fresh Fruit Kebab - 3 fruits on a paddlepop stick			\$ 1.00		Everyday
Frozen fruit piece - watermelon			\$ 0.50		Everyday
Frozen Fruit - Rockmelon slices			\$ 0.50		Everyday
Frozen fruit piece - orange (2 1/4's)			\$ 0.50		Everyday
Frozen fruit - 20 gram bag of grapes			\$ 0.50		Everyday
Frozen fruit - 20 gram bag of strawberries			\$ 0.50		Everyday
Frozen fruit - 20 gram bag of raspberries			\$ 0.50		Everyday
Frozen Fruit Kebab - 3 fruits on a paddle pop stick			\$ 1.00		Everyday
Cobs Organic Popcorn - lightly salted 28 gram			\$ 1.50	4 Star	Everyday
Fruit Strap - assorted flavours 100% True Fruit			\$ 1.00	4 star	Occasional
Red Rock Deli - sea salt 28 gram			\$ 1.00	4 star	Occasional
Grainwaves - sour cream and chives 28 gram			\$ 1.00	3.5 star	Occasional
Gingerbread folks (Original or Gluten Free)			\$ 1.50	4 star	Occasional
Made in the canteen by volunteers, availability updated daily on Flexischools					
N.B. We use Rice bran oil in all our baking instead of butter and no milk					
Muffins - all made with wholemeal flour, assorted types - Banana - Raspberry & Coconut and Apple Spice			\$ 1.00		Occasional
Muffins - Gluten free - assorted types, Banana, Raspberry & banana			\$ 1.00		Special dietary foods are exempt from rating
Coconut shortbread			\$ 0.50		Occasional
Bliss Bombs			\$ 0.50		Occasional
Anzac biscuits			\$ 0.50		Occasional
DRINKS available at Lunch and Recess		Everyday	100%	Occasional	0%
Water 600 ml			\$ 1.00		Everyday
Nudie - Nothing but Apples 100% Juice 250 ml			\$ 2.00	5 star	Everyday
Nudie - Nothing but Tropical 100% Juice 250 ml			\$ 2.00	5 star	Everyday
Nudie Crushies - Cranberry & Raspberry and more 250ml			\$ 2.50	5 star	Everyday
Nudie Crushies - Mango Passionfruit and more 250ml			\$ 2.50	5 star	Everyday
Frozen Pops available at Lunch playtime only 1pm		Everyday	100%	Occasional	0%
Frozen Juicies - 100ml Original - assorted flavours 99% Fruit juice			\$ 1.00		Everyday
Frozen Juicies - 105ml in a tube - assorted flavours 99% Fruit juice			\$ 1.30		Everyday
Coogee Canteen home made ice pop assorted flavours - Just Juice - frozen and yummy 99% Fruit juice 50ml			\$ 0.50		Everyday

LUNCH	Everyday	95%	Occasional	5%
Everyday Sandwiches. Rolls and Wraps				
BREADS	- smooth wholemeal or white high fibre bread			
ROLLS	- light wholemeal or gluten free rolls			
WRAPS	- tortilla or lebanese bread			
Add any salad option at no additional cost. Select from Lettuce, Tomato, Cucumber, Shredded carrot, Beetroot, when ordering.				
	Vegemite	\$ 1.50		Everyday
	Lean ham	\$ 4.00	3.5 star	Everyday
	Lean chicken	\$ 4.00	4 star	Everyday
	Tuna	\$ 3.00		Everyday
	Cheese	\$ 2.00		Everyday
	Avocado	\$ 2.50		Everyday
	Salad - choose what you would like from our salad options : Lettuce, Tomato, Cucumber, Shredded carrot, Beetroot	\$ 2.00		Everyday
Tuesday & Thursday specials				
	Sushi rolls with fillings : teriyaki chicken & avocado or cucumber, tuna & avocado or cucumber, plain avocado, cucumber & carrot, raw tuna and avocado, raw salmon and avocado, smoked salmon and avocado. Brown or White rice (18 options)	\$ 4.50		Everyday
	Sushi roll - Chicken schnitzel & lettuce, chicken teriyaki and lettuce, (crumbed foods are Occasional under the 2017 Strategy)	\$ 4.50		Occasional
	Mini sushi pack - 6 choices - all cucumber, all cooked tuna or 1/2 & 1/2 of each, mixed cucumber, tuna and avocado, carrot or carrot and cucumber (6 options)	\$ 5.00		Everyday
	Large box (8 pieces) Chicken teriyaki and lettuce or Tuna and Avocado or Tuna cucumber (3 options)	\$ 5.50		Everyday
	Large box (8 pieces) Chicken Schnitzel & lettuce	\$ 5.50		Occasional
	California box - 8 pieces of "outside in" sushi, crab, avocado and sprinkled with fish eggs (contains egg)	\$ 5.50		Everyday
Hot Options	Everyday	100%	Occasional	0%
available everyday				
	Organic lean beef burger with optional salads, lettuce, cucumber, tomato, shredded carrot & beetroot as selected	\$ 4.00		Everyday
	Organic chicken burger with optional salads, lettuce, cucumber, tomato, shredded carrot & beetroot as selected	\$ 4.00		Everyday
	add cheese	\$ 0.50		Everyday
	Lamb Kofta - with salad - on a wrap or salad - optional Hummus	\$ 3.50		Everyday
	Cheese melts -light wholemeal 1/2 baguette with cheese melted on top	From \$1.50		Everyday
	add Avocado \$1, Ham or Chicken \$1.50, diced Tomato 50 cents			
	Corn on the cob (1/2 cob served warm in a cup)	\$ 1.00		Everyday
	Surprise Soup (roast tomatoes, with heaps of veggies, made in the canteen) WINTER ONLY	\$ 3.00		Everyday
Monday Wednesday & Friday specials				
	Mini lasagne- Mondays, Wednesdays and Fridays - beef (contains pork) or spinach & ricotta Mini 135 grams	\$ 4.50	3.5 star	Everyday
	Large lasagne - Mondays, Wednesdays and Fridays - beef (contains pork) or spinach & ricotta Big 250 grams	\$ 6.50	3.5 star	Everyday
Ravioli or Pasta alternate on Monday, Tuesday, Thursday and Fridays				
	Ricotta Ravioli with Italian tomato sauce - add fresh shaved parmesan	\$ 5.00	3.5 star	Everyday
	Pasta - #35 Elbows with Italian tomato sauce - add fresh shaved parmesan	\$ 3.00		Everyday
	Pasta - with Chicken breast #35 Elbows with Italian tomato sauce - add fresh shaved parmesan	\$ 5.00		Everyday
Monday & Wednesday specials				
Cheese pizza (fresh 8" base, topped with cheddar cheese) Cooked by in the canteen using fresh toppings				
	2 slices	\$ 2.50		Everyday
	4 slices	\$ 5.00		Everyday
	Add toppings if you wish : 25 cents for each extra topping for 2 slices, 50 cents each topping for 4 slices :Ham, Pineapple, Margarita (Tomato & Basil - fresh from the Coogee Public School gardens when available)			Everyday
Barzura Friday specials				
	Nasi Goreng (Indonesian fried rice) made by Barzura for Coogee Public School (with or without bacon)	\$ 6.00		Everyday
	Penne - bolognese sauce	\$ 6.00		Everyday
	Penne - Italian Tomato sauce (Vegetarian)	\$ 6.00		Everyday