



THE GOOD CAFE

BY ZUCCOLI IGA

Good Shepherd ELC and Junior School Menu

Snacks

Piece of Fruit (VEG)	\$1.00
Fresh Fruit Salad Cups (VEG)	\$3.00
Fresh Veggie Cup (VEG)	\$3.00
Tub of Custard 150g (VEG)	\$2.50
Tub of Yoghurt	\$2.50
Mainland Cheese and Crackers (VEG)	\$3.50
Chicken Breast, Cheese & Crackers	\$4.50
Leg Ham, Cheese & Crackers	\$4.50
Vege Chips (GF, Vegan)	\$2.00
Vege Rice & Crackers (GF, Vegan)	\$1.50

Sandwiches

All sandwiches made with wholemeal bread.
Can be with or without butter.

Cheese (VEG)	\$3.50
Vegemite (VEG)	\$3.00
Vegemite & Cheese (VEG)	\$3.50
Ham	\$5.50
Ham & Cheese	\$6.00
Ham, Cheese & 2 Salad fillings free of charge	\$6.00
Roast Chicken and Mayo	\$5.50
Roast Chicken, Mayo & Cheese	\$6.00
Roast Chicken, Cheese & 2 Salad fillings free of charge	\$6.00
Choice of Wrap or Gluten Free Bread extra \$0.50	

Daily Specials

Tuesday

Chicken , Mayo, Lettuce Burger	\$6.00
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Wednesday

Sushi – Teriyaki Chicken, Tuna & Avo	\$4.50
Tuna & Corn, Vegetarian	

Friday

Hotdog (GF) with your choice of sauce	\$5.50
Add Cheese	\$0.50

Salad

Salad Box – Lettuce, Tomato, Cucumber, Carrot (VEG)	\$6.00
Add Beetroot	\$0.50
Add Hardboiled Egg	\$1.00
Add Roast Chicken	\$1.20
Add Ham	\$1.20
Add Cheese	\$1.00
Roast Chicken Caesar Salad	\$6.00

Hot Food / Add Salads

Beef Lasagne	\$6.00
Honey Soy Chicken with mixed veggies and Rice	\$6.00
Mac and Cheese	\$6.00
Twista Bolognaise	\$6.00
Spaghetti Meatballs	\$6.00
Add Garden Salad	\$3.00
Butter Chicken with Rice	\$6.00
Baked Chicken Dino Nuggets - 4 pack	\$4.00
Baked Chicken Dino Nuggets – 6 pack	\$6.00
Mini Pie	\$2.00
Mini Sausage Roll	\$2.00
Mrs Mac's Sausage Roll	\$5.00
Tomato Sauce	\$0.50
BBQ Sauce	\$0.50

Drinks

Water 600ml	\$2.00
Breaka Flavoured Milk 250ml	\$3.00
Pauls Milky Max 250ml	\$3.20
Nippy's Flavoured Milk 375ml	\$4.00
Up & Go 250ml	\$3.00
Sparkling Flavoured Water	\$4.50
Paul's Milky Max	\$3.00
Just Juice Popper 200ml	\$2.50

Please order all meals via www.flexischools.com.au

Parents – you are welcome to purchase your morning drink from the Good Café, open from 8am

These drinks are not available for students to purchase.

Red Bull	\$3.50
Coffee small	\$4.00
Coffee medium	\$4.50
Soy/Lactose Free	\$0.50

Should you have any allergies or intolerances, please let us know when ordering your food.