



THE GOOD CAFE

BY ZUCCOLI IGA

Good Shepherd Middle and Senior School Menu

Breakfast

Smashed Avo on Toast (VEG)	\$4.00
Raisin Toast with Butter (VEG)	\$2.50
Ham & Cheese Croissant	\$5.50
Bacon & Egg Muffin with Cheese	\$5.50
Banana Bread (VEG)	\$3.00
Toasted Spaghetti Sandwich (VEG)	\$4.00
Hashbrown	\$2.00

Drinks

Water 600ml	\$2.00
Breaka Flavoured Milk 250ml	\$3.00
Pauls Milky Max 250ml	\$3.00
Nippy's Flavoured Milk 375ml	\$4.00
Up and Go 250ml	\$3.00
Ice Tea Lemon, Peach, Mango 500ml	\$4.50
Emma & Toms Sparkling Flavoured Water	\$4.50
Just Juice Popper 200ml	\$2.50
Paul's Orange or Apple Juice	\$3.00

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)	\$2.20
Pauls Bluey Vanilla Custard Squeezy 70g (VEG)	\$2.00
Mainland Cheese and Crackers (VEG)	\$3.50
Chicken Breast, Cheese & Crackers	\$4.50
Leg Ham, Cheese & Crackers	\$4.50
Tuna with Sweetcorn in Mayo & Crackers	\$3.50
Vege Chips (GF, VEG)	\$2.00

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 & Mayo	\$5.50
Roast Chicken, Mayo & Cheese	\$6.00
Roast Chicken, Cheese & 2 Salad Fillings free of charge	\$6.00
Choice of Wrap of Gluten Free Bread Extra \$0.50	
Turkish Roll with Salad & Choice of Meat	\$10.0

Salad

Salad Box – Lettuce, Tomato, Cucumber, Carrot (VEG)	\$7.00
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 Small	\$9.00

Hot Food/ Add Salads

Beef Lasagne	\$6.00
Add Garden Salad	\$3.00
Vegetarian Lasagne (VEG)	\$6.00
Add Garden Salad	\$3.00
Butter Chicken with Rice	\$6.00
Vilis Beef Pie	\$6.00
Tommos Vegan Pie (VEG)	\$6.50
Mrs Mac's Sausage Roll	\$5.50
Baked Chicken Dino Nuggets – 4 Pack	\$4.00
Baked Chicken Dino Nuggest – 6 Pack	\$6.00

Specials

Tuesday	
Chicken, Mayo & Lettuce Burger	\$6.00
Wednesday	
Sushi – Teriyaki Chicken, Tuna & Avo, Tuna & Corn, Vegetarian (VEG)	\$4.50
Friday	
Hotdog (GF) with your choice of sauce	\$5.50
Add Cheese	\$0.50

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.

V Drink	\$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.