



# THE GOOD CAFE

BY ZUCCOLI IGA

## Middle and Senior School Menu

### Breakfast

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

### Drinks

Water 600ml	\$1.50
Breaka Flavoured Milk 250ml	\$2.50
Pauls Milky Max 250ml	\$2.50
Nippy's Flavoured Milk 375ml	\$3.50
Up and Go 250ml	\$2.50
Ice Tea Lemon, Peach, Mango 500ml	\$4.00
Sparkling Flavoured Water No Sugar 375ml	\$2.50
Just Juice Popper 200ml	\$2.00

### 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, Vegan)	\$2.00
Brown Rice Mini Bites (GF)	\$1.50

### Sandwiches

All sandwiches made with wholemeal bread.

Can be with or without butter.

Cheese (VEG)	\$2.00
Vegemite (VEG)	\$2.00
Vegemite & Cheese (VEG)	\$2.50
Ham	\$4.50
Ham & Cheese	\$5.00
Ham, Cheese & 2 Salad fillings free of charge	\$5.00
Roast Chicken and Mayo	\$4.50
Roast Chicken, Mayo & Cheese	\$5.00
Roast Chicken, Cheese & 2 Salad fillings free of charge	\$5.00
Choice of Wrap or Gluten Free Bread extra \$0.50	

Turkish Roll with Salad and Choice of Meat	\$8.00
--	--------

### 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	\$8.00

### Hot Food / Add Salads

Beef Lasagne	\$6.00
Add Garden Salad	\$2.50
Vegetarian Lasagne (VEG)	\$6.00
Add Garden Salad	\$2.50
Butter Chicken with Rice	\$6.00
Tommos Beef Pie	\$6.00
Tommos Vegan Pie (Vegan)	\$6.50
Tommos Sausage Roll	\$5.00
Baked Chicken Dino Nuggets - 4 pack	\$2.50
Baked Chicken Dino Nuggets – 6 pack	\$3.50

### Daily Specials

#### Monday

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

#### Tuesday

Chicken, Mayo & Lettuce Burger	\$6.00
--------------------------------	--------

#### Wednesday

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

#### Thursday

Chinese Fried Rice (VEG)	\$5.00
Add Roast Chicken	\$2.00

#### Friday

Hotdog (GF) with your choice of sauce	\$4.00
Add Cheese	.50
Add Onion	.50
Add Bacon	\$1.00

Please order all meals via [www.flexischools.com.au](http://www.flexischools.com.au)

*Parents – you are welcome to purchase your morning drink from The Good Café, open from 7am*

These drinks are not available for students to purchase

V Drink	\$3.50
Red Bull	\$3.50
Boss Coffee Can	\$5.00
Coffee Small	\$4.00
Coffee Medium	\$4.50
Soy Milk/Lactose Free	\$0.50

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