

Empire Catering
Good Shepherd Primary School Menu 2015

SANDWICES

Cheese	\$2.00
Vegemite	\$2.00
Honey	\$2.00
Jam	\$2.00
Egg & Mayonnaise	\$3.50
Chicken & Mayonaise	\$3.50
Ham	\$3.00
Salad	\$3.00
(lettuce, tomato, cucumber & carrot)	
Tuna	\$3.00

EXTRA FILLINGS

lettuce, cucumber, carrot	\$0.30 each
Beetroot or Red onion	\$0.30 each
condiments	\$0.30 each
Tomato or Cheese	\$0.50 each
Salad or Avocado	\$1.00 each

EXTRAS

Toasted	\$0.30
Roll or wrap	\$0.60
Turkish roll	\$1.30

ICE BLOCKS

Frozen Yoghurts	\$2.50
Fruit Juice Icy Poles	\$1.00

HOT FOOD

1 Mini Pie or 1 Minin Sausage Roll	\$1.20
2 Mini Pies or 2 Mini Sausage Rolls	\$2.20
Hash Browns	\$1.00
Corn on the Cob	\$1.20
Mini Hot Dog	\$1.40
Hot Dog	\$2.50
Aussie Pie	\$3.50
Potato Top Pie	\$4.00
Pepper Steak Pie	\$4.00
Cheese & Spinach Roll	\$4.00
Aussie Sausage Roll	\$3.00
King Size Sausage Roll	\$3.50
Chicken Nuggets (6)	\$3.50
Pizza Rounder	\$3.50
Garlic Bread	\$1.50
Tomato or BBQ Sauce	\$0.30

SALADS & BAKERY

Fruit & Custard	\$3.00
Fresh Fruit	\$1.00
Fruit Salad	\$3.50
Small Muffins	\$1.50
Large Muffins	\$3.00
Raisin Toast	\$2.50
Croissant Ham & Cheese	\$3.50
Croissant Cheese only	\$3.00
Banana Bread	\$3.00

SNACKS

Ovaltines	\$1.50
Carrot Sticks	\$0.70
Cheese or Fruit Stick	\$0.70
Sultanas	\$1.20
Jelly Cup	\$1.20
Health Bar	\$1.50
Popcorn	\$1.50
3C's	\$1.60
(cheese, carrots & crackers)	
Cheese & Cracker Pack	\$1.50
JJ'S (Pizza, Chicken or S&V)	\$1.70
Red Rock Chips Plain - 28gms	\$1.80
Red Rock Chips Plain - 45gms	\$2.50
Choc Chip Cookies	\$1.00

GLUTEN FREE

Apple Bar	\$2.50
Rice Wheels	\$1.50
Popcorn	\$1.50
Biscuits	\$1.00
Hot Dog	\$3.00

Home Made Lasagnes

Home Made Beef Lasagne	\$5.00
Home Made Vegetarian Lasagne	\$5.00
Home Made Chicken Lasagne	\$5.00

PACK 1 \$6.00

Vegemite, Cheese or Honey Sandwich
or
2 Mini Pies or 2 Mini Sausage Rolls
or
Hot Dog
1 Snack, 1 Fruit & 1 Drink

PACK 2 \$6.50

Pie, Sausage Roll or 6 Nuggets
or
Any Sandwich
or
Garden Salad
1 Snack, 1 Fruit & 1 Drink

All Packs come with 1 item from the Snack, Fruit & Drinks groups below:

Snacks – Muffin of the day, Popcorn, Cheese Stick, Carrot Sticks, Sultanas or Health Bar

Fruit – Apple, Orange or Pear

Drinks - Fruit Box, Water or Milk (chocolate or Strawberry)

Weekly Lunch Specials that will be Available throughout the year

Wedges,

Battered Fish

Pasta of the Day & Various Quiches

Soups, Lasagne, Fried Rice, Hokkien Noodles, Stir Frys,

Butter Chicken & Rice, Honey Chicken & Rice, Beef & Black Bean & Rice & various other wet dishes

Bacon & Zucchini slice

Cream potatoes