

COOROY STATE SCHOOL

Possum Cafe Menu



The Possum Cafe (Tuckshop) is staffed from 8:00am to 12:00pm Monday to Friday.

Lunch Time (1st Break) - 10.45am to 11.25am

Pre-ordering lunch is a must. NO lunch meals are available to buy over the counter. Only drinks and snacks may be purchased.

HOW DO I ORDER LUNCH?

There are two ways to order your lunch at the Possum Cafe.

1. Online

Ordering is available online via the QKR App.

More info click here: cooroyss.eq.edu.au/facilities/tuckshop



2. Lunch Bag

Any change will be attached to your bag.

Please drop lunch bag orders into the black box in the classroom or deliver directly to the Possum Cafe before school starts.



SYMBOLS

G = green light item
A = amber light item
GF = gluten free option



For a full definition please click here: cooroyss.eq.edu.au/facilities/tuckshop

SALAD WITH MEALS

To meet the Smart Choices guidelines, meals served with salad cannot be sold without the salad.

ALLERGIES

Please note that some items may contain 'traces of nuts' or other items may cause allergic reactions. Please contact the Possum Cafe if you wish to clarify ingredients with the Convenor.

VOLUNTEERING IN THE POSSUM CAFE

The Possum Cafe runs with the help of a fantastic team of volunteer mums, dads and carers.

If you can spare one morning a week, fortnight or month between 8am and 11.30am, please see Deb, our Convenor.

Volunteering is a great way to GET INVOLVED and become part of our school community.

DID YOU KNOW?

All funds raised through the Possum Cafe are directed back to our P&C who together with our school invest in the best learning equipment and materials for all our children.



FRIDAY MENU

Please note that a limited menu operates every Friday.

1. Sushi Roll (G)(GF) 2 for \$7.00

- a. Tuna and Avocado \$3.70
- b. Chicken Teriyaki and Avocado \$3.70
- c. Crispy Chicken and Avocado \$3.70

2. Super Chicken Sub (G)

Long multi-grain roll, lettuce, 4 chicken fingers, lite mayo, *sweet chilli sauce optional. \$4.30

3. Crunchy Chicken and Pasta Salad (G)

Diced chicken, pasta, apple and celery salad with a creamy dressing. \$5.00

4. Toasted Sandwich (A)

Ham and cheese toasted sandwich on multi-grain bread. \$4.50

Cheese toasted sandwich on multi-grain. \$2.50

5. Homemade Lasagna (A)

Gluten Free option available \$5.00

6. Meat Pie (A)

. \$3.30

7. Sausage Roll (A)

. \$3.30

8. Chicken Fingers (x4) (A)

With lettuce, cherry tomatoes and carrot sticks (G) \$4.00

9. Hamburger ('Mr G' Burger) (G)

Meat pattie, cheese, lettuce and tomato \$5.50

Also available on the Friday Menu are the drinks, snacks and ice blocks items.

MENU - MONDAY TO THURSDAY - (NOTE: Friday is a separate menu)

SANDWICHES (multi-grain bread)

- 1. Chicken Breast with Salad (G) \$4.60
- 2. Ham with Salad (G) (97% fat free ham). \$4.60
- 3. Egg & Lettuce (G) \$4.60
- Gluten free bread alternative (GF) \$5.60**

SALAD BOXES

- Chicken **or** Egg **or** Ham with Salad (G/GF) **Large - \$6.50**
 (With lettuce, tomato, cucumber, **Small - \$5.00**
 carrot, beetroot, low-fat cheese & low-fat dressing)

WRAPS

- 1. Chicken (G) \$5.00
 - 2. Ham (G) \$5.00
 - 3. Egg (G) \$5.00
- (All large wraps with lettuce, tomato, cucumber, carrot, low fat cheese & lite mayo)

MINI WRAPS

- 4. Mini Ham & Cheese (G) \$3.00
- 5. Mini Chicken & Lettuce (G) \$3.00

LUNCH TIME, FUN TIME

- 1. Ham and Cheese Sandwich Triangles (2). \$4.00
with carrot, cucumber + apple slices (G)
- 2. Chicken Fingers (4) \$4.00
with lettuce, cherry tomatoes and carrot sticks. (G)
- 3. Vegemite **or** Jam Sandwich (A) \$4.00
with a juice popper and an apple

GLUTEN FREE

- 1. Sausage Roll (A)(GF) \$4.30
- 3. Lamington Fingers x 2 (A)(GF) \$2.00
- 4. Hummus, veggie sticks & crackers (G)(GF). \$3.30
- 5. Vegie Chips BBQ (21 grams) (A)(GF) \$1.50

SUSHI (NOTE: Wednesday, Thursday & Friday) 2 for \$7.00

- 1. Tuna & Avocado (G)(GF) \$3.70
- 2. Chicken Teriyaki (G)(GF) \$3.70
- 3. Crispy Chicken (G) \$3.70

HOT FOOD

- 1. Hamburger ('Mr G' Burger) (G) \$5.50
(Meat pattie, cheese, lettuce and tomato)
- 2. Veggie Burger (G) \$5.50
(Veggie pattie, cheese, lettuce, tomato and mayo)
- 3. Homemade Lasagna Slice (A) \$5.00
(Gluten Free option available)
- 4. Super Chicken Sub (G) \$4.30
(Long multi-grain roll, lettuce, 4 chicken fingers, lite mayo, chilli sauce)
- 5. Veggie Sausage Sub (G) \$4.30
(Veggie sausage, cheese and tomato sauce in roll)
- 6. Fish and Wedges (A) \$5.00
(Oven baked fish, potato wedges & garden salad)
- 7. Mini cheese and bacon quiches (A) \$5.00
(Homemade with puff pastry)
- 8. Special Spaghetti Bolognese (A) \$4.50
Add low fat grated cheese (A) \$5.00
- 9. Meat Pie (Noosa Pie Company) (A) \$3.30
- 10. Sausage Roll (Noosa Pie Company) (A) \$3.30
- 11. Pumpkin & Fetta Roll (A) \$3.30
- 12. Tomato / BBQ Sauce (A) **Add \$0.40**

TOASTED SANDWICHES (multi-grain bread)

- 1. Ham and Cheese (A) \$4.50
- 2. Chicken and Cheese (A) \$4.50
- 3. Cheese and Tomato (A) \$4.00
- 4. Cheese (A) \$2.50
- Gluten free bread alternative (GF) Add \$1**

MENU - MONDAY TO FRIDAY

SNACKS

- 1. Popcorn (G)(GF) \$0.50
- 2. Fruit (G)(GF) (banana, apple or watermelon). \$1.00
- 3. Custard Tub (G)(GF) \$2.00
- 4. Yogurt Squeezie (G)(GF) \$2.30
- 5. Cheese and Crackers (G)(GF) \$1.20
- 6. Bounce Protein Balls (A)(GF) (Raspberry/Mint) \$3.50
- 7. Deb's Chocolate Cake slice (A) \$2.00
- 8. Gingerbread Man (A) \$2.30
- 9. Muffin (Apple **or** Blueberry) (A) \$2.30
- 10. Cheese & Bacon Roll (A) \$2.30
- 11. Vegie Chips BBQ (21 grams) (A)(GF) \$1.50

DRINKS

- 1. Bottled Water (G)(GF) \$2.00
- 2. Breaka Flavoured Milk 250ml (G)(GF) \$2.30
(Chocolate, Strawberry or Vanilla)
- 3. Oak'Thick shake Milk 250ml (G)(GF) \$2.50
(Chocolate or Strawberry)
- 4. Juice (100% juice) 300mls (A)(GF). \$2.60
(Apple, Orange, Country Style Lemonade)
- 5. Sparkling Juice Can (99% juice)250ml (A)(GF) \$2.40
(Apple Raspberry, Apple Blackcurrant, Vanilla Lime, Orange Passionfruit or Watermelon)
- 6. Chill Iced Tea 500mls (A) \$2.60
(Peach or Raspberry)
- 7. Sparkling Water with Lime (G)(GF) \$2.50
- 8. Hot Chocolate (Lite milk) (A) \$3.50
- 9. Plain Milk Carton (G)(GF) \$2.00

ICE BLOCKS

- 1. Snap Stick (A)(GF) \$1.00
- 2. Ice Mony (A) \$1.00

