



Cooloola Christian College - Loaves and Fishes Café 2022 Term 2 Menu



1st & 2nd break.

Sandwiches

Salad (lettuce, tom., beet., carrot, cucumber. & cheese)	4.10
Chicken	4.20
Chicken and Cheese	4.70
Chicken, Lettuce and Cheese	5.00
Chicken and Salad	6.40
Egg and Lettuce	3.20
Ham and Cheese	2.60
Ham, Cheese and Tomato	3.30
Ham and Salad	4.80
Gluten free Sandwich add GF	2.00
Toasted add	0.50

Wraps

Salad Wrap (lettuce, tom., beet., carrot, cucumber & cheese)	4.50
Chicken and Cheese Wrap	5.90
Chicken, Cheese Onion & Mayo Wrap	6.40
Chicken Salad Wrap	7.50
Ham and Salad Wrap	6.00
Gluten free wrap add GF	2.00
Toasted add	0.50

Salad Bowls

Caesar Salad Bowl.....	5.20
Chicken Caesar Salad Bowl	7.00
Salad Bowl GF	6.00
Ham & Salad Bowl GF	7.00
Chicken & Salad Bowl GF	8.00
Chicken Crunch Bowl (Gluten Free extra 0.70).....	6.50

GF **Gluten Free—Made with care and Gluten Free ingredients, however may contain gluten due to shared space.**

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Hot Food

Chicken Sticks	2.50
Gluten Free Chicken Nuggets GF	3.00
Chicken Tenders (Sweet Chilli or Classic or Gluten Free).....	1.50
Mini Pie	1.00
Pizza Slab (Hawaiian)	3.00
Jumbo Sausage Roll (Kool Skool)	3.50
Chiko Roll	3.00
Traveller Pie (Classic Meat, Pepper Steak, Butter Chicken)	4.50
Bacon, Egg & Cheese Muffin	4.00
BLT Muffin (Ranch Dressing)	4.50
Gluten Free Bacon, Egg & Cheese Muffin GF	5.50
Gluten Free BLT Muffin (Ranch Dressing) GF	6.00
Sauce Squeeze-on (Tomato, BBQ or Sweet Chilli)	0.30

Drinks

250mL Water	1.00
600mL Water	2.00
Reduced Fat Flavoured Milk 375ml (Assorted Flavours) ..	2.80
Orchy Juice 250ml (Assorted Flavours)	2.00

Snacks

Peaches and Custard GF	1.20
Banana Bread ...Gluten Free (\$0.50 Extra).....	2.00
Fresh Fruit Tub GF	3.00
Anzac Biscuit	0.50
Gingerbread Student	2.00
Popcorn GF	0.50
Chocolate Mousse GF	1.20
Yoghurt Tub (Passionfruit, Vanilla, Lemon) GF	2.00

Daily Specials 2nd break only.

**These following items are only available on selected days.
Please mark all Sushi orders for requested day.**

Mondays

Nachos GF	4.50
Cheesy Mac (Gluten Free)..... GF	5.00

Tuesdays

Special Fried Rice (contains chicken, bacon & egg)..... GF	5.50
Sushi (refer to sushi menu).....	
(pre-order by 11:00am Mondays)	

Wednesdays

Beef Bolognese Pasta (Gluten Free)..... GF	6.50
Sushi (refer to sushi menu).....	
(pre-order by 11:00am Mondays)	

Thursdays

Butter Chicken & Rice GF	5.50
Terminator Wrap* (sweet chilli tenders, Sweet Chilli Sauce) ..	7.50
*includes lettuce, tomato and cheese.	

Fridays

Chicken Burger (chicken pattie with mayonnaise)	6.50
Hamburger (beef pattie with tomato sauce)	6.50
Veggie Burger (Vegetable pattie with mayonnaise)	6.50
Vegan Burger (Vegan pattie, tomato sauce and vegan cheese) .	10.00
GF Chicken Burger (GF chicken pattie with mayonnaise) GF	8.00
GF Hamburger (GF beef pattie with tomato sauce) GF	8.00

All burgers include lettuce, tomato, beetroot and cheese.

Break Times

1st break 10:55am—11:10am
2nd break 12:45pm—1:25pm

Iceblocks

Iceblocks will only be available for sale during second break.

Payments

Cash, Eftpos or Online.

Smart Choices

What is Smart Choices?

Smart Choices is all about offering healthy food and drink choices to students in Queensland schools. Smart Choices applies to all areas of the school environment, including the tuckshop or canteen, vending machines, fundraising, classroom rewards and sports days. Smart Choices categorises foods and drinks into three groups based on their nutritional value:

GREEN – Foods and drinks in this category are excellent sources of important nutrients for growing bodies. They should be encouraged and promoted in the school as the best choice.

AMBER – Foods and Drinks in this category have some sugar, fat or salt added during processing. They should be selected carefully.

RED – Foods and drinks in this category, have very little nutritional value. They will be supplied no more than two occasions per term.

What about drinks?

The cheapest and healthiest thirst quenching drink for children is plain water. Children also need milk for building strong bones and healthy teeth. Drinks that are not needed as part of a healthy diet include fruit juice, cordial, soft drinks, sports drinks, flavoured waters, energy drinks and large serves of flavoured milk. These drinks can fill children up and lead to a decreased appetite for other healthier foods. They often have a high sugar and energy content, which can lead to an unhealthy weight and damage to children's teeth. It is best to provide these drinks only very occasionally or at special celebrations. For more information on healthy eating for young children, visit:

www.education.qld.gov.au/students/student-health-safety-wellbeing/student-health/smart-choices

www.foodsmartschools.org

Ordering

There are two ways you can order from our Café. You can either use the traditional bag system where the student places their written bag order in the class tuckshop box or by using the new online ordering we have introduced here at CCC.

Each Primary classroom has been provided with a box to place the orders in which is to be delivered to the tuckshop or alternatively orders may be dropped off at the Café before school commences.

Traditional bag system

If you want to use the traditional bag system. Please clearly write **student's name, student's year, teachers name and items** ordered on a paper bag with cash included.

If your child has 1st break and 2nd break ordered, can you please write the orders on separate brown paper bags. Example shown.

Please include correct change if possible (if not, change will be placed in the bag with the student's order).

Please do not tape or staple your child's tuckshop bag.

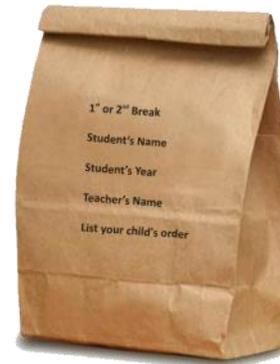
Online Ordering

Cooloola Christian College has as an online ordering system for **Tuckshop** called FlexiSchools. This system allows parents, students and staff to place orders from home or work. The payment is also done online, so **less paper bags and cash are sent via your student to school.** As well as being convenient for parents, the online orders are much faster and easier to process - so it makes everyone's life a little easier.

Getting online is easy and only takes a few minutes to register. Simply go to www.flexischools.com.au and click **"Register Now"**. You will be sent an email with further instructions on how to complete the registration. Once registered, you can start placing orders immediately. If you have any questions, FlexiSchools provide a great help desk on 1300 361 769, or you can contact them via their website.

Contacts

Address: 1 College Rd, Gympie. QLD, 4570
Postal: PO Box 1355, Gympie, QLD, 4570
Phone: (07) 54811000
Website: www.ccc.qld.edu.au
Café Email: matthew.harris@ccc.qld.edu.au
Online Ordering: www.flexischools.com.au



LOAVES AND FISHES CAFÉ

2022

Term 2 Menu

SUPPORTING FAMILIES, TRANSFORMING LIVES