



## PENGUIN PANTRY WINTER MENU

Term 2 & 3 2018 Open Daily from 8am

Order at the counter or online

[www.quickcliq.com.au](http://www.quickcliq.com.au) by 8.45am



### DAILY SPECIALS

#### MONDAYS ONLY

BUILD A BURGER \$5.50

Step 1 – Choose your patty

Beef or Chicken

Step 2 – Add sauce Tomato / BBQ / Mayo

Step 3 – Add as many salads as you like

Lettuce / Tomato / Cucumber / Carrot

Beetroot / Pineapple / Cheese

#### TUESDAYS ONLY

NACHOS (V,GF) \$4.00

#### WEDNESDAYS ONLY

PIZZA \$3.00

Margarita (V)

Ham & Pineapple

BBQ Chicken Champion

Bacon Blitz

#### THURSDAYS ONLY

SUSHI (GF) \$4.00

Teriyaki Chicken or Tuna

Soy sauce 50c

#### FRIDAYS ONLY

Cruiser Beef Pie \$4.50

Gluten Free Meat Pie \$4.50

Sausage Roll \$4.00

Party Pie \$1.50 each

Tomato or BBQ Sauce Portion 50c

GF – Gluten Free V = Vegetarian

All special dietary requirements catered for on request

### DRINKS & SNACKS

#### DRINKS

PLAIN MILK

\$1.00

WATER \$1.00

Add Sipahh Straw

50c

FLAVOURED MILK

\$2.00

100% FRUIT JUICE \$2.00

Chocolate, Neapolitan

Apple, Orange,

Banana, Strawberry

Apple & Blackcurrant

### AVAILABLE EVERY DAY

#### STUFFED SPUD STATION

BAKED POTATO \$1.50

Add fillings for 50c each

Cheese, Baked beans, Ham,

Sweet corn, Tuna, Chicken.

#### EVERYDAY FAVOURITES

Macaroni Cheese (V) \$4.00

Pasta Bolognaise \$4.00

Lasagne \$4.00

Veggie Bake (GF) \$4.00

Chicken twister \$4.50

Hot chicken roll / half \$4.00/\$2.00

Soup & Roll \$3.00

Pumpkin OR Chicken & Corn

Corn Cob \$1.00

#### SANDWICHES

	PLAIN	TOASTED
Cheese / Chicken / Tuna	\$3.00	\$3.50
Egg / Salad	\$3.00	
Ham & Cheese	\$3.50	\$4.00
Vegemite	\$2.00	\$2.50
Baked bean or Spaghetti		\$3.00

To have a roll or wrap add 50c

Add salad \$1 Add pineapple/ beetroot, 50c each

#### SNACKS

Watermelon tub 50c

Watermelon slice 10c

Carrot/Celery stick 5c

Yogurt small 50c

large \$1.00

Fruit salad \$1.00

Fromos (max3) 20c



## GENERAL INFORMATION

Lunch bags are available from the Penguin pantry at no cost, either fill out there or take home to fill in.

Online orders cut off is 8.45 and over the counter cut off is 9.30am. After this time cheese sandwiches will be available to order for lunch that day.

Online Ordering is easy – go to [quickcliq.com.au](http://quickcliq.com.au) click on sign up and follow the prompts. If you ever have any issues with the service call the helpline 1300 11 66 37

## VOLUNTEERING IS GOOD FOR YOU!!!! And GOOD FOR US TOO

Giving time to a worthy cause has been shown to reduce depression symptoms, create a sense of worth and reduce loneliness in people. A recent study has even discovered that adults who volunteer are less likely to suffer with high blood pressure than those who don't!

If you have an hour or two to spare, please get in touch with us at The Penguin Pantry. Either drop in or call 9591 6800. There are lots of ways you could help out. Here are just a few examples –

\* Help out in the penguin pantry, preparing lunches, serving over the counter, stapling online orders to the lunch bags, washing up, making tea, having a chat and thinking up new menu and specials ideas.

\*Help outside of the Penguin Pantry -Pick up the bread order from the local bakery, put together newsletters, source suppliers, put up posters around the school advertising specials.

## RECESS & ICE CREAM ORDERS

We can take recess and ice cream orders over the counter. In this instance your child needs to keep their lunch bag after eating their lunch and bring the empty bag up to the penguin pantry to collect their ice cream or recess items.

We will only provide one ice cream per child per day.

## PENGUIN PANTRY PRACTICES

Practices at the Penguin Pantry are based on the principles of social justice. We promote health and support equity and sustainability for all. We offer a menu with 85% green food choices. Suggestions for the menu are always welcome. Most of our menu is made in house. We use sustainable packaging and use local or ethically sourced produce where possible. We provide for special dietary requirements at no extra cost. We are run by the P&C and our philosophy is to provide a service, not make a profit.

## RECESS

Cheesie / Yogurt / Fruit Salad	\$1.00
Watermelon tub / Yogurt	\$ 0.50
Pikelet / Fromo / Popcorn	\$0.20
Watermelon slice	\$0.10
Carrot / Celery stick / grape	\$0.05

## ICE CREAMS(lunch only)

FroYo2Go	\$2.50
Scooby Doo	\$2.00
Moosie	\$1.50
Vanilla Bucket	\$1.00
Icey Pole	\$0.50

