

## LUNCH MENU Order on Lunch Order Bags

### Fresh Sandwiches

All sandwiches and rolls come with margarine unless otherwise specified.  
Add \$0.10 per tomato sauce, bbq sauce, mayonnaise, mustard or vegemite. Salad includes: lettuce, cucumber, carrot and tomato

	Sandwich White or wholemeal	Gluten Free Sandwich White only	Wrap/roll White only
Plain margarine	N/A	N/A	\$1.50 roll
cheese	\$2.00	\$3.00	\$2.70
ham	\$2.00	\$3.00	\$2.70
Ham and cheese	\$2.50	\$3.50	\$3.20
Ham, cheese and tomato	\$3.00	\$4.00	\$3.70
Cheese and tomato	\$2.50	\$3.50	\$3.20
Ham and salad	\$3.50	\$4.50	\$4.20
Salad	\$3.00	\$4.00	\$3.70
Salad and cheese	\$3.40	\$4.40	\$4.10
Ham, salad and cheese	\$4.00	\$5.00	\$4.70
*Chicken nuggets (4)	\$2.70	N/A	\$3.00
*Chicken nuggets and cheese	\$3.20	N/A	\$3.50
*Chicken nuggets and salad	\$3.90	N/A	\$4.20
*Chicken nuggets, salad and cheese	\$4.50	N/A	\$4.80

#### Toasted sandwiches

Add vegemite, sauce, mustard \$0.10c  
Pepper optional

Cheese \$2.00

Ham and cheese \$2.50

Ham, cheese and tomato \$3.00

**Yumbo \$3.50**  
**Hot ham and cheese**  
**roll**

**Garlic bread \$1.00**  
with homemade garlic butter

#### Spiral Bolognese

Homemade

With cheese \$3.90

Without cheese \$3.50

#### Terms 1 and 4 only

#### Fruit Salad \$2.50

Homemade with seasonal fresh fruit

#### Terms 2 and 3 only

#### Pumpkin Soup \$2.50

Homemade

Dairy free, gluten free, vegetarian

**Soup + buttered**  
**roll \$3.50**

#### Garden salad \$2.50

Dairy free, gluten free, vegetarian

Lettuce, tomato, cucumber and carrot

**French dressing \$0.40c**

#### Hot Dogs

plain, margarine, tomato sauce, BBQ sauce and/or mustard

\$3.50 Full

\$4.00 Full with cheese

\$2.50 Half

\$3.00 Half with cheese



#### Chicken Burger

**\$4.50**

Chicken\*, lettuce, tomato and cheese.

Optional mayonnaise, tomato or BBQ sauce




\*ALLERGEN: chicken contains eggs



#### Meatball Sub \$4.00


Meatballs in marinara sauce with melted mozzarella cheese on 9" roll




<p><b>Mini Pizzas</b> Homemade + <b>Gluten free</b></p>  <p>Cheese \$2.20 Ham and Cheese \$2.70 Hawaiian \$3.00</p>	<p><b>Nachos</b> <b>Gluten free</b> vegetarian</p> <p>\$3.70 Corn chips served with salsa and cheese \$4.00 Nachos with sour cream</p>	<p><b>Schools Out Range</b></p>  <p>Beef Lasagne \$4.10 Butter chicken \$5.00</p>
<p><b>Chicken Nuggets*</b> Add \$0.30 cents for tomato sauce sachet</p> <p>2 for \$1.20 4 for \$2.40 6 for \$3.60 8 for \$4.80</p> <p>*ALLERGEN: chicken contains eggs</p>	<p><b>Pastries</b> Add \$0.30 cents for tomato sauce sachet</p>  <p>Four'N'Twenty sausage roll \$3.00 Mrs Macs Meat Pie \$4.00 Mrs Macs Vegetarian pasty \$4.50</p>	<p><b>Gluten Free Pastries</b> Add \$0.30 cents for tomato sauce sachet MRS MACS \$5.00 Sausage roll with beef \$5.50 Meat pie</p> <hr/> <p><b>Apple Crumble \$2.80</b> Homemade</p>

**SNACKS, DRINKS, ICECREAMS**

Available at recess and lunch OR order on lunch order bags

<p><b>Hashbrown</b> <b>Gluten free</b> \$0.50 each</p>	<p><b>Popcorn</b> <b>Gluten free</b> \$0.20 per bag</p>	<p><b>Red Rock Deli Chips</b> <b>Honey Soy</b> \$1.50</p>	<p><b>Cheese and Salada Crackers</b> \$0.70 per serve</p>
<p><b>Fantastic noodles - chicken</b> \$1.70 please note this item is HOT so must be collected from canteen</p>	<p><b>Raisin Toast</b> \$1.00 per slice served with margarine</p>	<p><b>Carrot Sticks</b> \$0.20</p>	<p><b>Water</b> \$1.30</p>
<p><b>Devondale MOO Milk \$1.60</b> Chocolate or strawberry</p>		<p><b>Fruit Box \$1.60</b> Apple, apple and blackcurrant, orange</p>	
<p><b>Golden North Swing</b> \$2.40 Chocolate or strawberry</p>		<p><b>Golden North Yog'n'ice</b> \$2.00 Vanilla, strawberry, mango</p>	<p><b>Golden North 97% fat free vanilla ice cream</b> \$1.80</p>

\*\*\*\*COMING SOON\*\*\*\* Yoghurt shop yoghurt. Assorted fruit flavours. \$2.00 each

CANTEEN COUNTER SALES ONLY <span style="float: right;">Gluten free</span>	
<p><b>Hot chocolate</b> \$1.00 <b>Marshmallow</b> \$0.10 each with hot chocolate purchase only (MAX 2)</p>	<p><b>Berri Quelch</b> <i>Subject to availability</i> Full \$0.60 Half \$0.30</p>
<p><b>Icy pole cups</b> <b>99% fruit juice frozen</b> Range of flavours. <i>Subject to availability</i> \$0.70</p>	 <p><b>Krazy Krush</b> Available in a range of flavours  \$2.00</p>

**Important information about the canteen**

Please contact the canteen if your child has any special dietary needs or allergies and clearly indicate on lunch order bag. The Canteen is open **MONDAY, WEDNESDAY & FRIDAY** recess and lunch. All menu items meet the **Green** and **Amber** spectrums according to the Rite Bite Guidelines. A copy of the Rite Bite Food guidelines and the *ready reckoner* may be obtained from the DECD website. Lunch order bags can be purchased from the canteen, through lunch order or from the front office.

**Instructions on how to order from the canteen**

- Write your child's name and class number clearly on the paper lunch bag.
- Write the food and drink items you wish to order onto the bag. Remembering to indicate if sauce and/or any dressings are wanted.
- Enclose the correct money, if possible. Payment can be made along with a sibling's order, however please indicate which class and place the order bag in the correct class lunch box.  
*For hygiene reasons, please wrap lunch money before placing in the order bag*
- To request more lunch bags, please write, **"More Bags Please"** onto the order bag. Please remember to include an extra 40c with the order.
- At the start of the day, place the lunch order bag in your child's classroom lunch order box in the plastic snap lock bag provided, to stay dry.

**Would you like to volunteer in the canteen? We would love to hear from you...**

Please contact the canteen during opening hours if you would like to volunteer just an hour of your time. Every bit helps! All volunteers will need to have current DCSI criminal screening clearance and have gone through either of the 2 courses listed below.

- Volunteers from GGLPS will also need to undergo 'valuing safe communities' training if not already completed.
- Volunteers from WVS will need to have completed mandatory reporting- responding to abuse and neglect workshop.

**Australian Guide to Healthy Eating**

