

GPS "FRESH FOOD SHACK" TERM 3 2017

MONDAY TO THURSDAY HOT FOOD

Wedges V		\$2.30
	Sour cream	+ .50
Mini chicken wrap		\$2.60
	Crumbed chicken, lettuce, mayo	
Hot Dogs		\$3.00
	Sauce: tomato/bbq/chilli	+ .30
	Mustard	+ .30
	Cheese	+ .50
Sushi: Tuna or Teriyaki tofu		\$3.00
	Soy Sauce	+ .30

Nachos **V**: salsa, cheese, sour cream \$3.50

BURGERS \$4.20
Cheese + .50

- Chicken: mayo, lettuce, carrot
- Beef: sauce, lettuce, tomato
- Fish: mayo, lettuce, carrot
- Vegie: relish, lettuce, tomato **V**

Meatball Sub with sauce and cheese \$4.20

Pasta Bolognese	\$4.20
Lasagne	\$4.20
Macaroni Cheese V	\$4.20
Vegetarian Fried Rice	\$4.20

HOT FOOD PACKS \$4.50

Hash browns, mini corn cob, mixed veg and warm buttered bread. Choose from

- Chicken dinosnacks
- Fish bites
- **GF** Chicken nuggets (no bread)
Add gravy + .50

Spaghetti + Meatballs small \$3.00
large \$4.50

Butter Chicken + Rice **GF** \$4.50

Gluten free Pasta Bolognese \$4.80

CANTEEN PHONE: 8295 3746

Manager: Caroline Coulter

SANDWICHES-MONDAY TO FRIDAY

White or wholemeal bread available.

Butter	\$1.70
Vegemite	\$2.00
Cheese or Ham	\$2.20
Egg or Chicken or Tuna	\$2.70

+ **.50** for **EACH** of the following: cheese, carrot, tomato, lettuce, cucumber, beetroot

+ **.30** for **EACH** of the following: tomato, bbq or chilli sauce, mayo, gherkin, pickled onion

ADD .30 for toasted

ADD .50 for a wrap



FRIDAY HOT FOOD

Add tomato sauce + **.30**

Sausage roll	\$2.50
Junior pie	\$2.80
Pizzas (cheese V or ham/pine)	\$2.80
Cruizer pie	\$4.00
Potato Top pie	\$4.00
Pasty V	\$4.00
Pasta Bolognese	\$4.20
Lasagne	\$4.20
Macaroni Cheese V	\$4.20
Veg Fried Rice	\$4.20
Spaghetti + Meatballs	small \$3.00 large \$4.50
Butter Chicken + Rice GF	\$4.50
Gluten free Meat pie	\$4.50
Gluten free Pasta Bolognese	\$4.80

**THANK YOU TO
KRISTA T. AND TIANA K.
FOR OUR 2017 CANTEEN
NAME AND LOGO.**

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SNACK FOOD

Popcorn GF : air popped + lightly salted	.30
Choc chip biscuit (maximum of 4)	.70
Honey Crackles	.70
Muffins: Apple/cinnamon or choc/banana	small .30
	large \$1.00
Jelly	\$1.00
Custard	\$1.20
Jelly + custard	\$1.20
Red Rock chips:	
Honey Soy Chicken or Sea Salt	\$1.30

In cooler weather we will be offering some **warm snacks at recess and lunch**. So, if you are feeling a bit chilly, come in and see what is on offer.

DRINKS

Plain milk	\$1.00
Spring water 350mls	\$1.00
Spring water 600mls	\$1.50
100% juice	\$1.80
Apple or Orange or Apple/Blackcurrant	
Low fat flavoured milk	\$2.00
Chocolate or Strawberry	
Up & Go – Chocolate or Strawberry	
or Vanilla or Banana	\$2.00
Warm Milo	\$2.00



A variety of ice blocks are available from .30 (½ Quelch) to \$1.50 (Slushies). These cannot be ordered- students will need to line up to purchase these items.

Recess: Only R-2 students may purchase ice blocks/slushies

Lunch: Ice blocks/slushies may be purchased by R-7 students.

Use a **blue or black pen** (no gel pens or pencil please) and ensure student's **name and room number** are clearly written on the lunch bag.

Plain brown lunch bags are inexpensive and available from your local supermarket.

Envelopes, scraps of paper or plastic bags are not acceptable. Student's lunch will be returned in whatever is provided to the Canteen.

Please do not sticky tape or staple bags – fold several times to keep the money inside.

Reduced or low fat products are used throughout the menu where possible.

Fish products used have the ASC tick for responsibly farmed food.

Due to Food Safety Regulations, the Canteen is unable to heat food or toast sandwiches brought from home.