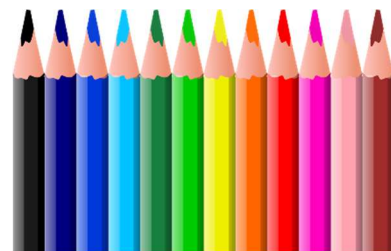


**GLENELG PRIMARY SCHOOL
CANTEEN PRICELIST
WINTER MENU 2022**



All items on this menu fit into the **GREEN** or **AMBER** sections of the Right Bite Food Spectrum which can be found on the DFE website.

Reduced or low fat products are used throughout the menu where possible, and all fruit and vegetables are fresh.

Lunch orders can be placed in your child's classroom lunchbox, or made online via the QKR app.

Orders must be submitted by 9am

Canteen Phone: 0428 938 979. Text messages cannot be responded to.

**PLEASE REMEMBER THAT THE CANTEEN OFFERS TWO DIFFERENT MENUS –
“MONDAY TO THURSDAY” AND A SEPARATE FRIDAY MENU**

FROM THE OVEN (Mon - Thurs)

PASTA BOLOGNAISE	\$4.50
PASTA BOLOGNAISE GF DF	\$5.00
MACARONI CHEESE V	\$4.50
MACARONI CHEESE GF V	\$4.50
BUTTER CHICKEN & RICE GF	\$5.00
VEGETABLE LASAGNE V	\$5.00
THAI VEGETABLE NOODLES V	\$5.00

GARLIC ROLL **V** 80c
Half a hot dog roll served warm

VEGETABLE SPRING ROLLS **V** \$2.00
Cocktail size, 3 per serve

MAMEE NOODLE CUPS \$3.00
Beef or chicken

HOT DOG
- plain \$3.50
- with cheese \$4.00

TREASURE CHESTS \$5.00
Served with potato gems and your choice of chicken dinosnacks or nuggets **GF**

ADD SAUCE... .50c
Tomato, BBQ, sweet chilli, mayonnaise or mustard

SALAD BOWLS (Mon - Thurs)

GARDEN \$4.00
Lettuce, carrot, cucumber, tomato and cheese

SUSHI BOWL **V GF DF** \$5.00
rice, nori, carrot, cucumber, lettuce
sesame seeds, kewpie mayo and soy sauce
ADD chicken \$1.00
ADD tuna \$1.00

SANDWICHES (Everyday)

BUTTERED ROLL \$1.00

VEGEMITE \$2.00

CHEESE \$2.50

CHEESE & VEGEMITE \$2.50

CHEESE & TOMATO SAUCE \$2.50

HAM & CHEESE \$3.50

SALAD \$4.00
Lettuce, tomato, cucumber and carrot

HAM & CHEESE CROISSANT \$4.50
Large Sara Lee croissant



Want cheese, egg, beetroot or gherkin?...add 50c
Want tuna, ham or chicken?...add \$1.00
Put it in a roll or on a wrap...add 50c
Gluten free bread available... add \$1.00
Toasting available, no charge

SNACKS (Everyday)

POPCORN, lightly salted	.30c
JELLY CUP	\$1.00
FRUIT NUGGETS GF V Dehydrated berry bites	.50c
HONEY CRACKLE	.80c
FRESH MUFFINS Milo or Banana	.80c
CHOCOLATE CHIP COOKIE (GF option available - \$3.00)	\$1.00
BOILED EGG	.50c
CORN ON THE COB (mini)	\$1.00
CHEESE & CRACKERS	\$1.50
HUMMUS DIP GF V with carrot sticks	\$1.50
FRUIT SALAD	\$3.00
PIECE OF FRUIT – Seasonal	\$1.00

WRAPS & BURGERS (Mon - Thurs)

CHICKEN TENDER WRAP Tender chicken pieces with lettuce and Mayonnaise (half wrap available \$3.00)	\$5.00
LAMB WRAP Marinated lamb with lettuce, fetta and tzatziki	\$5.00
FALAFEL WRAP Falafels, lettuce, cucumber, hummus and a garlic aioli V	\$5.00
RAINBOW WRAP V Lettuce, carrot, cucumber, tomato and cheese (GF option add \$1.00)	\$4.50
FISH BURGER Tender fish pieces with lettuce, carrot and tartare sauce	\$5.00
BEEF BURGER Angel Bay beef pattie with lettuce, tomato, cheese and tomato sauce	\$5.00
CHICKEN BURGER Crumbed chicken with lettuce, cheese and Mayonnaise	\$5.00
VEGE BURGER V DF Vegetable pattie with lettuce and tomato relish	\$4.50

THIRST QUENCHERS (Everyday)

PLAIN LIGHT MILK 200ml	\$1.20
FLEURIEU MILK 300ml Chocolate or strawberry	\$2.50
WATER 600ml	\$1.50
HARVEY FRESH JUICE 200ml Apple, orange or apple and blackcurrant	\$2.00
UP & GO 250ml strawberry, chocolate, vanilla or banana	\$2.50
ICE TEA 250ml peach or raspberry	\$2.00



FRIDAY SPECIALS

Mrs. Macs approved school range...

SAUSAGE ROLL	\$3.00
HALAL SAUSAGE ROLL	\$3.50
SPINACH & RICOTTA ROLL V	\$4.30
CRUIZER BEEF PIE	\$4.50
POTATO TOP MEAT PIE	\$5.00
HOME MADE PIZZA SUBS	
- cheese	\$3.50
- ham and pineapple	\$4.00
MACARONI CHEESE V	\$4.50
MACARONI CHEESE GF V	\$4.50
BUTTER CHICKEN & RICE GF	\$5.00
PASTA BOLOGNAISE	\$4.00
PASTA BOLOGNAISE GF DF	\$5.00
VEGETABLE LASAGNE V	\$5.00
THAI VEGETABLE NOODLES V	\$5.00

