

# GPS CANTEEN PRICELIST

## SUMMER MENU 2024



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)

BEEF RAVIOLI W NAP SAUCE	\$5.30
VEGETABLE LASAGNE	\$5.60
MACARONI CHEESE <b>V</b>	\$5.30
MACARONI CHEESE <b>GF V</b>	\$6.80
BUTTER CHICKEN & RICE <b>GF</b>	\$7.20
PASTA NAPOLI <b>VE</b>	\$4.50
GARLIC ROLL <b>V</b>	\$1.00
half a hot dog roll served warm	
VEGETABLE SPRING ROLLS <b>VE</b>	\$2.50
cocktail size, 6 per serve, with soy sauce	
DINOSNACKS	\$5.00
chicken nuggets x 6 with sauce	
CHICKEN NUGGETS (6) <b>GF</b>	\$5.00
with sauce	
PELICAN PACK	\$5.00
fish bites and potato gems served with tartare sauce	
HOT DOG	
Plain	\$4.00
With cheese	\$4.50
ADD SAUCE...	
Tomato, BBQ, mustard, mayonnaise or sweet chilli	



### SALAD BOWLS (Mon - Thurs)

GARDEN <b>V GF</b>	\$4.20
Lettuce, carrot, cucumber, tomato and cheese	
SUSHI BOWL <b>V GF</b>	\$5.20
rice, nori, carrot, cucumber, lettuce sesame seeds, kewpie mayo and soy sauce	
ADD chicken or tuna	\$1.00
PASTA SALAD <b>DF</b>	\$5.20
pasta, salami, olives, spinach and tomato with a light oil dressing	
HONEY SOY CHICKEN <b>GF DF</b>	\$5.20
with an Asian slaw	

### SANDWICHES (Everyday)

BUTTERED ROLL	\$2.00
VEGEMITE / HONEY / JAM	\$2.50
CHEESE	\$3.00
CHEESE & VEGEMITE	\$3.00
CHEESE & TOMATO SAUCE	\$3.00
HAM & CHEESE	\$4.00
SALAD	\$4.20
lettuce, tomato, cucumber & carrot	
HAM & CHEESE CROISSANT served warm	\$4.50
CHEESE & APPLE	\$3.00

## SNACKS (Everyday)

POPCORN, lightly salted	.20c
JELLY CUP	\$1.20
FRUIT NUGGETS <b>GF VE</b> dehydrated berry bites	\$1.00
HONEY CRACKLE	\$1.00
FRESH MUFFINS choc chip, apple & sultana or mango	\$1.00
COOKIES - choc chip	\$1.00
- M&M	\$1.20
(choc chip <b>GF</b> option available - \$3.00)	
BOILED EGG (free range)	\$1.00
CORN ON THE COB (mini)	\$1.00
CHEESE & CRACKERS	\$1.50
SNACK PACK baby cuc, mini toms and cheese cubes	\$2.50
FRUIT SALAD	\$4.00
FLEURIEU YOGHURT 125g <b>LF</b> Vanilla or mixed berry	\$2.50

## FRIDAY SPECIALS

Mrs. Macs approved school range...

SAUSAGE ROLL	\$4.30
HALAL SAUSAGE ROLL	\$4.50
SPINACH & RICOTTA ROLL <b>V</b>	\$4.30
CRUIZER BEEF PIE	\$7.00
VEGETABLE PASTIE	\$5.70
HOME MADE PIZZA SUBS	
- cheese	\$3.50
- ham and pineapple	\$4.00
MACARONI CHEESE <b>V</b>	\$5.30
MACARONI CHEESE <b>GF V</b>	\$6.80
BUTTER CHICKEN & RICE <b>GF V</b>	\$7.20
VEGETABLE LASAGNE <b>V</b>	\$5.30
PASTA NAPOLI <b>VE</b>	\$4.50
BEEF RAVIOLI W NAP SAUCE	\$5.30

## WRAPS & BURGERS (Mon – Thurs)

CHICKEN TENDER WRAP tender chicken pieces with lettuce and mayonnaise (half wrap available \$3.00)	\$5.20
LAMB WRAP marinated lamb with lettuce and tzatziki	\$5.50
RAINBOW WRAP <b>V</b> lettuce, carrot, cucumber, tomato & cheese (GF option add \$1.00)	\$4.70
MEXICAN BURRITO <b>V</b> beans, corn, tom, lettuce, avo & sour cream	\$5.00
BEEF BURGER Angel Bay beef pattie with lettuce, tomato, cheese & tomato sauce	\$5.20
CHICKEN BURGER crumbed chicken with lettuce, cheese and mayonnaise	\$5.20
FRUIT WRAP banana, strawberry, cream cheese & maple	\$4.00
FISH WRAP fish pieces with slaw and aioli	\$5.00

## THIRST QUENCHERS (Everyday)

PLAIN LIGHT MILK 200ml	\$1.50
FLEURIEU MILK 300ml <b>LF</b> chocolate or strawberry	\$2.80
WATER 600ml	\$1.50
HARVEY FRESH JUICE 200ml Apple, orange or apple & blackcurrant	\$2.20
UP & GO 250ml strawberry, chocolate, vanilla or banana	\$3.10

<b>LF</b>	= LACTOSE FREE
<b>V</b>	= VEGETARIAN
<b>VE</b>	= VEGAN
<b>DF</b>	= DAIRY FREE
<b>GF</b>	= GLUTEN FREE

