

Term 3 Canteen Menu



GALSTAUN
COLLEGE
INGLESIDE

5 CHILTERN ROAD INGLESIDE NSW 2101
T: (02) 9998 3200 F: (02) 9998 3299
E: admin@galstaun.nsw.edu.au
www.galstaun.nsw.edu.au

How to Order

1. Write your child's name and class on a brown paper bag.
2. Using the Canteen menu, choose the correct lunch and write the chosen items on the bag.
3. Enclose the correct money if possible.
4. Children to add their lunch order bag to the class orders via their teacher.

The canteen aims to provide and promote healthy homemade food options appropriate for children

Daily Recess

(Not available for Lunch)

| | |
|------------------------|--------|
| Manaish | \$1.50 |
| Cheese Boureg | \$1.00 |
| Homemade mini pizzas | \$2.00 |
| Ham & cheese croissant | \$2.50 |
| Cheese croissant | \$2.00 |
| | |
| Noodles (Yr 6-12 only) | \$2.00 |

Daily Lunch Specials \$4.00

| | |
|------------|--|
| MON | Mince Kebab roll with hummus & lettuce |
| TUE | Penne Bolognese |
| WED | Beef or Chicken Burger |
| THU | Shredded roast beef with rice |
| FRI | Homemade chicken nuggets with wedges |

Every Day Lunch

| | |
|--------------|--------|
| Lahmajoun | \$3.00 |
| Cheese toast | \$2.00 |

Snacks

| | |
|--------------------------|--------|
| Pretzels | \$1.00 |
| Popcorn | \$1.00 |
| Seaweed snack | \$1.00 |
| Fresh fruit bowl | \$2.00 |
| Rice Pudding (Gutnabour) | \$2.00 |

Drinks

| | |
|-------|--------|
| Juice | \$1.50 |
| Water | \$1.50 |

