

Term 3 Canteen Menu



GALSTAUN
COLLEGE
INGLESIDE

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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

Daily Recess

(Not available for Lunch)

Manaish	\$1.50
Cheese Toastie	\$1.00
Ham and Cheese Toastie	\$1.50
Croissants – Cheese	\$2.00
Croissants – Ham and Cheese	\$2.50
Ful Medames (Mon only)	\$1.50
Bacon and Egg in English Muffins (Tues & Fri only)	\$3.00
Pizza – Ham or Pepperoni	\$2.00

Daily Lunch Specials \$4.00

MON	Beef or Chicken Burger with tomato, lettuce and choice of sauce
TUE	Beef Bolognese with Penne Pasta
WED	Baked Chicken with Potatoes and Rice
THU	Chicken Nuggets and oven Fries
FRI	Beef or Chicken kebab with hummus, lettuce and tomato

Other Lunch Options

Lahmajoun (Daily)	\$3.00
Cup of Noodles (High school only)	\$2.00
Greek Salad (Mon and Tue only)	\$3.50
Garden Salad (Wed and Thu only)	\$3.50
Add Tuna or Chicken - \$1 extra	
Caesar Salad (Fri only)	\$3.00
With grilled chicken - \$1 extra	

Sandwiches \$4.00

Create your own sandwiches by selecting from the ingredients below.

Choice of:

Wholemeal or White Bread, Salami, Ham, Cheese, Tuna

Fillings:

Tomato, Cucumber, Lettuce, Shredded Carrot

Snacks

Pretzels	\$1.00
Popcorn	\$1.00
Seaweed snack	\$1.00
Rice Pudding (Gutnabour)	\$2.00

Drinks

Hot Chocolate	\$2.00
Water	\$1.50
Juice	\$1.50