

# Term 2 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 appropriate for children**

## Daily Recess

Carrot sticks with hummus	\$1.00
Cheese toastie	\$1.00
Ham and cheese toastie	\$1.50
Cheese boreg	\$1.00
Soujouk boreg	\$1.00
Bacon and egg roll	\$3.00
Spring rolls	\$0.50
Garlic bread	\$0.50

## Daily Lunch Specials \$4.00

<b>MON</b>	<b>Shredded Chicken and Rice</b>
	<b>Choice of Wraps</b> 1. <u>Beef Kebab wrap</u> with hummus, lettuce 2. <u>Falafel wrap</u> with hummus, lettuce, tomato, cucumber, capsicum and onion 3. <u>Chicken Tender wrap</u> with mayo, lettuce, and carrot with choice of sweet chili sauce 4. <u>Tandoori wrap</u> with mayo, lettuce cucumber and yoghurt
<b>TUE</b>	
<b>WED</b>	<b>Fettuccini with meatballs</b>
<b>THU</b>	<b>Chicken Nuggets and Air fried Chips</b>
<b>FRI</b>	<b>Grilled Chicken or Beef burger</b> with a choice of lettuce, tomato, mayonnaise, tomato or BBQ sauce

## Other Lunch Orders

Lahmajoun	\$3.00
Pizza - (margarita or pepperoni)	\$4.00
Manaish - 2 slices	\$3.00

## Fresh Sandwiches

Ham, cheese & tomato with mayo	<b>All \$4.00</b>
Chicken, lettuce, and mayo	
Tuna, cucumber, and mayo	
Egg, lettuce, and mayo	

## Snacks

Pretzels	\$1.00
Popcorn packet	\$1.00
Seaweed snack	\$1.00
Seasonal fruit	\$1.00
Homemade muffins	\$2.00
Banana bread	\$2.00
Hot chocolate	\$2.00

## Salads

Caesar Salad w Grilled Chicken	\$4.00
Greek Salad	\$4.00
Greek Salad with grilled Chicken or Tuna	\$5.00

## Drinks

Oak Milk 250ml	\$2.50
Oak Milk 500ml	\$4.00
Popper Juice	\$1.50
Up and Go	\$2.00
Sparkling Mineral Water	\$2.00
Aloe Vera	\$4.00
Water	\$2.00