

# 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 boureg	\$1.00
Soujouk boureg	\$1.00
Spring rolls	\$0.50
Garlic bread	\$0.50
Cheese garlic bread	\$1.50
Homemade popcorn (Tue & Fri)	\$1.00

## Daily Lunch Specials \$5.00

<b>MON</b>	<b>Pizza</b> (2 slices) – choice of Margherita, Pepperoni, Hawaiian or BBQ meatlovers
<b>TUE</b>	<b>Choice of Wraps</b> 1. <b>Beef Kebab</b> with hummus and lettuce 2. <b>Falafel</b> with hummus, lettuce, tomato, cucumber, capsicum and onion 3. <b>Chicken Tender</b> with mayo, lettuce, and carrot with choice of sweet chili sauce 4. <b>Tandoori</b> with mayo, lettuce, cucumber and yoghurt
<b>WED</b>	<b>Shredded Chicken and Rice</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 – additional cheese (50c)

## Other Lunch Orders

Lahmajoun	\$4.00
Pizza 2 slices - (margherita or pepperoni)	\$5.00
Manaish - 2 slices	\$4.00

## Fresh Sandwiches

Ham, cheese & tomato with mayo	<b>All \$5.00</b>
Chicken, lettuce and mayo	
Tuna, cucumber, onion 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	\$5.00
Greek Salad	\$5.00
Greek Salad with grilled Chicken or Tuna	\$6.00

## Drinks

Oak Milk 250ml	\$2.50
Oak Milk 500ml	\$4.50
Popper Juice	\$1.50
Up and Go	\$2.00
Sparkling Mineral Water	\$2.00
Aloe Vera	\$4.50
Water	\$2.00