

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 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
Bacon and Egg roll	\$4.00
Homemade popcorn (Tue & Fri)	\$1.00

Daily Lunch Specials \$5.00

MON	Shredded Chicken and Rice	
TUE	Choice of Wraps 1. Beef Kebab with hummus and lettuce 2. Falafel with hummus, lettuce, tomato, cucumber, capsicum and onion 3. Chicken Tender with mayo, lettuce, and carrot with choice of sweet chili sauce 4. Tandoori with mayo, lettuce, cucumber and yoghurt	
	Homemade Chicken Schnitzel roll with a choice of lettuce, mayo, tomato or BBQ sauce	
	THU	Chicken Nuggets and Air Fried Chips
	FRI	Grilled Chicken or Beef Burger with a choice of lettuce, fresh tomato, mayo, 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	All \$5.00
Chicken, lettuce and mayo	
Tuna, cucumber, onion 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
Yoghurt w muesli or mixed berries	\$3.00

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