

Term 1 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	\$1.50
Cheese toastie	\$1.00
Ham and cheese toastie	\$1.50
Cheese boureg (Recess only)	\$2.00
Soujouk boureg (Recess only)	\$2.00
Spring rolls	\$0.50
Garlic bread	\$0.50
Cheese garlic bread	\$1.50
Homemade popcorn (Tue & Fri)	\$1.00
Fruit Salad	\$3.00
Croissant	\$3.00
Chocolate Croissant	\$3.00

Daily Lunch Specials \$6.00

MON	Nachos with beef mince, cheese, guacamole and sour cream *Extra 50c for black beans
TUE	Beef Burger with Tomato, Lettuce, mayo BBQ or Tomato Sauce Chicken Burger with Tomato, Lettuce, mayo BBQ or Tomato Sauce * Extra 50c for cheese
WED	Shredded Chicken & Rice Itch salad
THU	Chicken Nuggets and Air Fried Chips
FRI	Chicken Schnitzel roll with a choice of lettuce, mayo, tomato or BBQ sauce \$6.00

Other Lunch Orders

Lahmajoun	\$5.00
Pizza 2 slices - (margherita, pepperoni or chilli cheese)	\$6.00
Manaish - 2 slices	\$5.00

Fresh Sandwiches

Ham, cheese & tomato with mayo	All \$6.00
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
Jelly	\$1.50
Homemade muffins	\$2.00
Banana bread	\$2.50
Seasonal Fruit	\$1.50
Yoghurt w muesli or mixed berries	\$3.00

Salads

Caesar Salad w grilled Chicken	\$6.00
Greek Salad	\$6.00
Greek Salad with grilled Chicken or Tuna	\$7.00
Falafel Salad	\$7.00

Drinks

Oak Milk 250ml	\$3.00
Oak Milk 500ml	\$5.00
Popper Juice	\$2.00
Breeze Bottle Juice	\$2.00
Up and Go	\$2.50
Sparkling Mineral Water	\$2.00
Aloe Vera	\$5.00
Water	\$2.00
Lipton Iced Tea	\$5.00
Hot Chocolate	\$2.00