

Term 4 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

MON	Penne Bolognese or Penne Pesto Pasta
	Choice of Wraps
	1. Beef Kebab with hummus and lettuce
	2. Falafel with hummus, lettuce, tomato, cucumber, capsicum and onion
TUE	3. Chicken Tender with mayo, lettuce, and carrot with choice of sweet chili sauce
	4. Tandoori with mayo, lettuce, cucumber and yoghurt
WED	Shredded Chicken and Rice or Itch salad
THU	Chicken Nuggets and Air Fried Chips
FRI	Homemade Chicken Schnitzel roll with a choice of lettuce, mayo, tomato, or BBQ sauce

Other Lunch Orders

Lahmajoun	\$4.00
Pizza 2 slices - (margherita, pepperoni or chili cheese)	\$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	
Egg, lettuce and mayo	

Snacks

Pretzels	\$1.00
Popcorn packet	\$1.00
Seaweed snack	\$1.00
Seasonal fruit	\$1.00
Jelly	\$1.00
Homemade muffins	\$2.00
Banana bread	\$2.00
Fruit salad	\$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	\$3.00
Oak Milk 500ml	\$5.00
Popper Juice	\$1.50
Breeze Bottle Juice	\$2.00
Up and Go	\$2.00
Sparkling Mineral Water	\$2.00
Aloe Vera	\$5.00
Water	\$2.00
Lipton Ice Tea	\$4.00