

Gibson College

Canteen Menu - TERM 2&3 2017

<i>GF – gluten free, TN – may contain traces of nuts, EP – contains egg product, D – Dairy. Please note that Salad boxes are gluten free</i>		Order Price	Walk up Price
TN, D	Arancini Balls – Mushroom, Spinach & Cheese	1.00	
TN, D	Baked Pasta (Wednesday Only)	4.50	
TN, GF	Brown Rice with Vegetables (includes tamari & sesame oil)	L 3.50 S 2.50	L 4.00 S 3.00
TN, D	Burek – Spinach & Ricotta or Apple	2.20	
TN, EP, D	Burger Vegie (Vegie Burger with Salad & Cheese on a wholemeal bun)	4.50	5.00
TN, D	Buttered Roll (Wholemeal 10cents extra)	1.50	
TN,EP,D	Cannelloni – Spinach & Ricotta (Thursday & Friday Only)	3.50	4.00
TN, D	Cheese Roll (Wholemeal 10cents extra)	2.20	
TN, D	Cheese & Tomato Roll (Wholemeal 10 cents extra)	2.50	
TN	Coconut Curry Vegetable On White Rice (Tuesday Only) -Pumpkin, Chickpea and Broccoli	5.00	
TN, EP, D	Egg, Cheese & Lettuce roll (Wholemeal 10cents extra)	3.50	
TN, EP, D	Egg, Cheese & Salad roll (Wholemeal 10cents extra)	4.00	
TN, EP	Egg & Salad Wrap	3.00	
TN, EP	Hot Dog & Sauce *50c extra with Shredded Tasty Cheese	3.00	3.50
TN,EP	Lasagne –Vegetarian (Gluten Free Lasagne available on request)	3.20	3.70
TN, D	Macaroni Cheese (Monday, Tuesday & Wednesday Only)	3.20	3.70
TN, D	Marinated Vegetable Turkish Pide (125gram)	3.00	
TN	Mini Vegie Spring Rolls (bag of 4)	1.00	
	Mini Vegie Samosa (bag of 4)	1.00	
TN,EP	Pastie- Wholemeal Veg.	3.50	4.00
TN,EP,D	Pastizzi – Spinach & Ricotta	1.00	
TN, EP, D	Pizza: Vegetarian or Margherita – In house (Thursday Only)	3.50	4.00
TN, EP	Quiche – Large Mixed Vegetable or Spinach & Pumpkin	4.00	4.50
TN, GF	Quinoa & Kale Salad with Lemon Vinaigrette (Monday Only)	5.00	
TN, GF	Salad Box (Lettuce, tomato, cucumber, carrot, beetroot & tabouleh) *egg 50c extra	3.00	3.50
TN, GF	Salad Box with Falafel Balls & Hummus	4.20	4.70
TN, D	Salad Roll (includes cheese)	3.50	
TN, D	Salad Roll – small (on a dinner roll)	2.20	
TN, EP	Salad Wrap (Lettuce, tomato, carrot, cucumber & mayo)	2.80	
TN, EP, D	Spinach & Ricotta Rolls	3.50	4.00
TN, EP, D	Spinach & Ricotta Pastizzi	1.00	
TN	Soup: Lentil (Monday, Tuesday & Friday Only) Serve with a bun Butternut Squash & Apple (Wednesday & Thursday Only)	3.00	
TN	Tabouleh Wrap (Tabouleh, lettuce, tomato & hummus)*falafel 80c extra	3.00	
TN,EP,D	Turkish Bread with French Onion or Hummus Dips	3.50	4.00
TN, EP	Vegie Roll	3.50	4.00
TN, EP	Vegie Roll ½	2.00	2.50
DRINKS			
	350ml Up & Go (Chocolate, Banana, Strawberry & Vanilla)	3.00	
	250ml Up & Go (Chocolate, Banana, Strawberry & Vanilla)	2.50	
	350ml Juices (Multi V, Apple, Apple & Blackcurrant, Orange)	2.50	
	250ml Juices (Apple, Apple& Blackcurrant & Orange)	2.00	
	600ml Summit Still Mineral Water	2.40	
	200ml Just Juice Box (Apple & Blackcurrant, Orange and Paradise Punch)	1.50	
SNACKS			
TN, D	Crackers & Cheese	1.50	
TN, D	Yoghurt with Muesli or Berries	2.70	

	Seasonal Fresh Fruit	1.50	
D (cheese)	Bag of mixed veg (*with cheese \$2.00)	1.50	
MISCELLANEOUS			
	Sesame Snaps	1.00	
	Butter/Cheese popcorn / 25gr Vegie Chips	1.50	
	Vegie Chips 50 gr / Grain Waves 40 gr	2.20	
	50g Snaps – Oregano&Thyme,Light&Tangy Salsa or barbeque	2.00	
LUNCH BAG EXAMPLE			

Name: John Brown

Class: Prep S

Order:	Salad Roll	\$3.50
	Bag of Fruit	\$1.50
	Multi V Juice 300ml	\$2.50
	Total	\$7.50

Money Enclosed	\$7.50
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**Bags need to be large enough to accommodate items.
If no lunch bag is supplied, a charge of 10 cents will apply.**

For kitchen safety, please Do Not use STAPLES on bags.

Please note: Lunch orders with insufficient funds will be supplied items to the value of total enclosed. If no money is included in order, a vegemite/buttered roll will be supplied and a bill sent home to Parent/Guardian.