

# Gilson College

## Canteen Menu - TERM 4 2017

GF – gluten free, TN – may contain traces of nuts, EP – contains egg product, D – Dairy. Please note that Salad boxes are gluten free		Order Price	Walk up Price
D, TN	Arancini Balls – Mushroom, Spinach & Cheese	1.00	
D, TN	Baked Pasta with Mushrooms & Red Sauce <b>(Wednesday Only)</b>	5.00	
TN, D	Bean Medley Salad with Falafel & Fetta Cheese <b>(Thursday Only)</b>	5.00	
TN, D	Bean Burrito <b>(Monday Only)</b>	4.50	5.00
TN, GF	Brown Rice with Vegetables <b>(includes tamari &amp; sesame oil)</b>	<b>L 3.50</b> <b>S 2.50</b>	<b>L 4.00</b> <b>S 3.00</b>
D, TN	Burek – Spinach & Ricotta <b>or</b> Apple	2.20	
EP, D, TN	Burger Vegie <b>(Vegie Patty with Salad &amp; Cheese on a wholemeal bun)</b>	4.50	5.00
TN	Buttered Roll <b>(Wholemeal 10cents extra)</b>	1.50	
TN, D	Calzone-Mozarella & Tomato <b>(Monday &amp; Thursday Only)</b>	4.50	
TN, D	Cheese Roll <b>(Wholemeal 10cents extra)</b>	2.30	
TN, D	Cheese & Tomato Roll <b>(Wholemeal 10 cents extra)</b>	2.60	
EP, D, TN	Egg, Cheese & Lettuce roll <b>(Wholemeal 10cents extra)</b>	3.60	
EP, TN	Egg, Cheese & Salad roll <b>(Wholemeal 10cents extra)</b>	4.20	
EP, TN	Egg & Salad Wrap	3.00	
TN	Falafel Pocket <b>(Lettuce, tabouleh, hummus, tomato &amp; falafel balls in Turkish roll)</b>	4.00	
TN, EP, D	Feta Pasta Salad <b>(Monday Only)</b>	4.00	
GF, D	Greek Salad <b>(Tuesday &amp; Friday Only)</b>	4.50	
TN, EP, D	Hot Dog & Sauce	3.20	3.70
TN, EP, D	Hotdog with Caramelised Onion & Sauce	3.80	4.30
TN, EP, D	Hotdog with Shredded Tasty Cheese	3.80	4.30
TN, D	Lasagne Vegetables <b>(Gluten Free Lasagne available \$3.60)</b>	3.20	3.70
TN, D	Macaroni and Cheese	3.20	3.70
TN, E, D	Pastissi – Spinach & Ricotta	1.00	
TN, E, D	Pizza –Margherita or Vegetarian- Round <b>(Thursday &amp; Friday Only)</b>	3.50	4.00
GF	Salad Box <b>(Lettuce, tabouleh, carrots, cucumber, tomato &amp; beetroot)</b>	3.30	
GF, E	Salad Box with Egg- * .50c additional for hummus	3.80	
GF TN	Salad Box with Falafel Balls & Hummus	4.80	
TN, D	Salad Roll (includes cheese)	3.70	
TN, D	Salad Roll – ½ (includes cheese)	2.50	
TN, E	Salad Wrap <b>(Lettuce, tomato, carrot, cucumber &amp; mayo)</b>	2.80	
TN, E, D	Spinach & Ricotta Roll – Whole / ½ Spinach & Ricotta Roll	3.50/2.00	4.00/2.50
EP	Sushi- Vegetarian <b>(Thursday &amp; Friday Only)</b>	2.60	
TN, EP, D	Turkish Bread with French Onion or Hummus Dips	3.50	4.00
TN, E	Vegie Roll – Whole / ½ Veg. Roll	3.50/2.00	4.00/2.50
TN	Vegie Sticks, Hummus & Pitta Crisp	3.80	
TN, EP	Vietnamese Vegetarian Noodles <b>(Tuesday Only)</b>	5.00	
<b>DRINKS</b>			
	350ml Up'n'Go <b>(Chocolate, Banana, Strawberry &amp; Vanilla)</b>	3.00	
	250ml Up & Go <b>(Chocolate, Banana, Strawberry &amp; Vanilla)</b>	2.50	
	350ml Berri Juice <b>Multi V</b>	2.50	
	250ml Berri Juices <b>(Apple, Apple&amp;Blackcurrant, Orange)</b>	2.00	
	600ml Mineral water	2.40	
	Icy Pole	1.00	
<b>SNACKS</b>			
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 <b>(*with cheese \$2.00)</b>	1.50	
<b>MISCELLANEOUS</b>			
	Banana Bread	1.50	

	Sesame Crisp	1.00	
	Butter/Cheese popcorn / Vegie Chips 25g	1.50	
	Vegie Chips 50g / Grain Waves 40g	2.20	
	Snaps- <b>Oregano&amp;Thyme, Light&amp;Tangy Salsa,or Barbeque</b> 25g	2.00	

## LUNCH BAG EXAMPLE

**Name:** John Brown

**Class:** Prep S

<b>Order:</b>	Salad Roll	<b>\$3.70</b>
	Bag of Fruit	<b>\$1.50</b>
	Multi V Juice 300ml	<b>\$2.50</b>
	<b>Total</b>	<b>\$7.70</b>

**Money Enclosed**                      **\$7.70**

Bags need to be large enough to accommodate items.  
If no lunch bag is supplied, a charge of 10 cents will apply.

For canteen 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 the order, a vegemite/buttered roll will be supplied and a bill sent home to Parent/Guardian. Ensure that the money is properly placed inside the lunch order bag to prevent any possible loss.