

Gilson College

Canteen Menu - TERM 1 2018

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 (Wednesday Only)	5.00	
TN, D	Bean Medley Salad with Falafel & Fetta Cheese (Thursday Only)	5.00	
TN, D	Bean Burrito (Monday Only)	4.50	5.00
TN, GF	Brown Rice with Vegetables (includes tamari & sesame oil)	L 3.50 S 2.50	L 4.00 S 3.00
D, TN	Burek – Spinach & Ricotta or Apple	2.20	
EP, D, TN	Burger Vegie (Vegie Patty with Salad & Cheese on a wholemeal bun)	4.50	5.00
TN	Buttered Roll (Wholemeal 10cents extra)	1.50	
TN, D	Calzone-Mozarella & Tomato (Monday & Thursday Only)	4.50	
TN, D	Cheese Roll (Wholemeal 10cents extra)	2.30	
TN, D	Cheese & Tomato Roll (Wholemeal 10 cents extra)	2.60	
EP, D, TN	Egg, Cheese & Lettuce roll (Wholemeal 10cents extra)	3.60	
EP, TN	Egg, Cheese & Salad roll (Wholemeal 10cents extra)	4.20	
EP, TN	Egg & Salad Wrap	3.00	
TN, EP, D	Feta Pasta Salad (Monday Only)	4.00	
GF, D	Greek Salad (Tuesday & Friday Only)	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 (Gluten Free Lasagne available \$3.60)	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 (Thursday & Friday Only)	3.50	4.00
TN, E, D	Potato salad (Tuesday Only)	4.00	
GF	Salad Box (Lettuce, tabouleh, carrots, cucumber, tomato & beetroot)	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 (Lettuce, tomato, carrot, cucumber & mayo)	2.80	
TN, E, D	Spinach & Ricotta Roll – Whole / ½ Spinach & Ricotta Roll	3.50/2.00	4.00/2.50
EP	Sushi- Vegetarian (Thursday & Friday Only)	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	
DRINKS			
	350ml Up'n'Go (Chocolate, Banana, Strawberry & Vanilla)	3.00	
	250ml Up & Go (Chocolate, Banana, Strawberry & Vanilla)	2.50	
	350ml Berri Juice Multi V	2.50	
	250ml Berri Juices (Apple, Apple&Blackcurrant, Orange)	2.00	
	600ml Mineral water	2.40	
	Icy Pole	1.00	
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			
	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- Oregano&Thyme, Light&Tangy Salsa,or Barbeque 25g	2.00	
LUNCH BAG EXAMPLE			

Name: John Brown

Class: Prep S

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

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.