

# GPPS CANTEEN 2019 TERM 1

Monday – Friday

Check the canteen website for occasional menu updates  
& the school newsletter for end-of-term closures



We are only able to keep the Canteen open Monday to Friday because  
of our volunteers – but we desperately need more help!  
Please offer any time you can spare to keep this service going for our community.  
Drop in to the Canteen to book your time today!

## **CRUNCH & SIP** (available at the Canteen before 9.15am)

Bottle of Water & one Piece of Fruit – choose from apple, banana or orange \$3.00

## **RECESS / DAILY SNACKS**

- Boiled eggs, fruit, vegetable sticks & yoghurt items are also available for Lunch orders.
- Our Biscuit /Slice-of-the-day will change daily dependent upon seasonal ingredients.

### **COLD**

Fresh Fruit Cup	sliced seasonal fruit	GF/DF	\$1.00
Yoghurt Cup	Greek yoghurt in cupcake case	GF	\$0.50
Yoghurt & Fruit Cup	Greek yoghurt with sliced seasonal fruit	GF	\$1.00
Yoghurt & Muesli Cup	Greek yoghurt with cooked muesli		\$1.00
Vegetable Sticks	carrot, cucumber & celery	GF/DF	\$0.50
Corn on the Cob	half an ear of cooked & cooled corn	PO/GF/DF	\$1.00
Boiled Egg	free-range & hard boiled	PO/GF/DF	\$1.00
Apricot Muesli Ball	toasted muesli, honey, coconut & apricot	HM/PO/GF	\$1.00
Popcorn Cup	plain & unsalted	HM/GF/DF	\$1.00
Fruit Muffin	home-made with seasonal fruit	HM	\$1.00
Biscuit / Slice-of-the-day	home-made & changing daily	HM	\$1.00

### **HOT**

Lavash	tomato paste & cheese topping (1 quarter lavash)	\$1.00
Garlic Bread	French bread roll (2 slices)	\$1.00

## LUNCH

### SUSHI ROLL *(available every Thursday)*

PLACE YOUR ORDER **BEFORE 9.00AM ON THE TUESDAY PRIOR**

Teriyaki Chicken	\$3.70
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Tuna – plain	\$3.70
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Vegetarian	cucumber, carrot, avocado & capsicum	\$3.70
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<u>or</u> 2 Roll Deal (choose any 2 of the above flavours)	2 rolls for \$7.00
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## COLD LUNCHES

Roll <u>or</u> Wrap	wholemeal bread-roll <u>or</u> wrap	Extra	\$0.50
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Gluten Free Bread	note your GF bread request when ordering	Extra	\$1.00
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Sauces	tomato / BBQ / sweet chilli / mayo	Extra	\$0.20
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Add Ingredient	choose sandwich ingredient from those listed below	Extra	\$0.50
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### SANDWICHES *(we use wholemeal or multigrain bread)*

Cheese – plain	\$3.00
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<u>add</u> vegemite / tomato / ham / chicken	extra ingredients add \$0.50 each
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Ham – plain	\$3.00
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<u>add</u> chicken / cheese / tomato	extra ingredients add \$0.50 each
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Salad – lettuce, tomato, carrot & cucumber	\$3.50
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<u>add</u> cheese / ham / chicken / egg / tuna	extra ingredients add \$0.50 each
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Spreads – Honey <u>or</u> Vegemite	\$2.00
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Spaghetti	\$3.00
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## TOASTIES

All the above Sandwiches can be made into Toasties – just note on your order	no charge
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## SALAD PACK

Fresh Salad	lettuce, tomato, carrot & cucumber	\$4.50
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<u>add</u> chicken / egg / ham / pineapple	extra ingredient each	\$0.50
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## LUNCH continued...

### RICE PAPER ROLLS *(made to order – 2 per serve)*

Vegetarian	carrot, cucumber, noodles & sweet chilli sauce	HM/GF/DF	\$4.50
Vegetable & Chicken	as above plus chicken	HM/GF/DF	\$5.00

## HOT LUNCHES

### CHICKEN

Chicken Burger	lettuce & mayo		\$5.00
Chicken Salad Burger	lettuce, tomato, carrot & cucumber BBQ <u>or</u> tomato sauce		\$5.00 add Pineapple extra \$0.50
Tenderloin Wrap	lettuce, tomato, carrot & cucumber <u>or</u> lettuce & mayo		\$5.00
Sweet Chilli Tenderloin Wrap	lettuce, tomato, carrot & cucumber <u>or</u> lettuce & mayo		\$5.00
Nuggets	Handmade@CrunchHQ	HM/GF/DF	3 pack: \$3.00 <u>or</u> 6 pack: \$5.00
Nuggets	commercial brand		3 pack: \$3.00 <u>or</u> 6 pack: \$5.00
Butter Chicken & Rice		HM/GF/DF	\$4.50
Chicken Fried Rice	carrot, zucchini, corn, peas & shallots	HM/GF/DF	\$4.50
Honey & Soy Wings	2 chicken wings	HM	\$4.50

### BEEF

Sausage Roll	beef mince & pastry	HM	\$3.50
Mexican Boat	carrot, tomato & cheese	HM	\$5.00
Nachos <i>healthy corn chips</i>	beef, carrot, tomato, red kidney beans & cheese	HM	\$5.00
Beef Pie Parcel	2 filo parcels with beef mince & pea filling	HM	\$3.50
Pasta Bolognese	tomato base with beef, carrot & zucchini	HM	\$4.50

### VEGETARIAN

Mac & Cheese	macaroni pasta & cheese sauce	HM	\$4.00
Pasta Napolitana	tomato based sauce with carrot & zucchini	HM	\$4.00

### LAVASH PIZZA *(one lavash wrap folded in half)*

BBQ Chicken <u>or</u> Ham & Cheese <u>or</u> Ham & Pineapple			\$4.50
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- Boiled eggs, fruit, vegetable sticks & yoghurt items are also available for Lunch orders.
- We use chicken breast for our Handmade@CrunchHQ items.

## GRAYS POINT PUBLIC SCHOOL CANTEN MENU – 2019 TERM 1

WHILST EVERY CARE IS TAKEN, WE CANNOT GUARANTEE THAT FOOD ALLERGENS WILL NOT BE TRANSFERRED THROUGH ACCIDENTAL CROSS-CONTACT. THIS MENU HAS BEEN DEVELOPED IN ACCORDANCE WITH THE NSW GOVERNMENT'S NSW HEALTHY CANTEN STRATEGY.



### SOUP *(all served with 2 slices French bread roll)*

Pumpkin Soup	PO/HM	\$3.50
Miso Soup	PO	\$3.00

### DRINKS

#### WATER

Water	250ml bottle of still water	\$2.00
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#### MILK

Milk	300ml bottle	\$1.50
Flavoured Milk	300ml bottle Chocolate <u>or</u> Strawberry	\$2.50
Warm Milo	Served warm in a take-away cup	\$2.00
Milo-to-Go	popper	\$2.00

#### JUICE

Fruit Popper	Apple <u>or</u> Apple & Blackcurrant <u>or</u> Tropical <u>or</u> Orange	\$1.60
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### FROZEN SNACKS

#### DAIRY

Frozen Custard Cup	small cup of frozen custard	\$1.00
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#### JUICE

Frozen Juice Stick (Juicie)	Wildberry <u>or</u> Tropical <u>or</u> Orange <u>or</u> Lemonade	\$1.00
Frozen Juice Popper	Apple <u>or</u> Apple & Blackcurrant <u>or</u> Tropical <u>or</u> Orange	\$1.60
Frozen Juice Cup	small \$0.20 medium \$0.40 large \$1.00	

### SLUSH PUPPIE

Frozen Drink	various flavours	\$2.00
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### LUNCH BAGS

Reusable Bag – use time & time again, in our school colour red!	\$9.00
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*Please write child's name, class & menu choice clearly on bag noting total cost*