

# GPPS CANTEEN 2019 TERM 4

## Monday – Friday

Like our FB page for occasional menu updates  
& see the school newsletter for end-of-term closures.



Like our Canteen FB page to keep up to date with all things CrunchHQ  
<https://www.facebook.com/GraysPointPrimarySchool/>

**Order online – [myschoolconnect.com.au](https://myschoolconnect.com.au)**

*You can still order directly at the Canteen by sending money & order in a paper bag to school.*

## **FRUIT BREAK** (available at the Canteen before 9.15am or online)

Piece of Fruit <u>or</u> Fresh Fruit Cup – seasonal variety	\$1.00
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## **RECESS & DAILY SNACKS**

- Snacks also available for lunch orders: piece of fruit, fresh fruit cup, yogurt & fruit cup, vegetable sticks, corn on the cob & boiled eggs.
- Our biscuit/slice-of-the-day will change daily dependent upon seasonal ingredients.

### **COLD SNACKS**

Piece of Fresh Fruit	seasonal fruit	GF/DF	\$1.00
Fresh Fruit Cup	sliced seasonal fruit	GF/DF	\$1.00
Yoghurt & Fruit Cup	Greek yoghurt with sliced seasonal fruit	GF	\$1.00
Vegetable Sticks	carrot, cucumber & celery	GF/DF	\$0.50
Boiled Egg	free-range & hard boiled	PO/GF/DF	\$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
Arnotts Jatz Mini Biscuits	23g packet	DF	\$1.00

### **HOT SNACKS**

Lavash	tomato paste & cheese topping (1 quarter lavash)	\$1.00
Garlic Bread	French bread roll (2 slices)	\$1.00
Corn on the Cob	half an ear of cooked corn (served warm)	PO/GF/DF \$1.00



## LUNCH

- Also available: piece of fruit, fresh fruit cup, yogurt & fruit cup, vegetable sticks, boiled egg & warm corn on the cob.
- We use chicken breast for our Handmade@CrunchHQ items.

### COLD LUNCH

**SUSHI THURSDAY** (every Thursday – place your order before 9.00am the Wednesday prior)

Teriyaki Chicken		\$3.70
Tuna		\$3.70
Vegetarian	cucumber, carrot, avocado & capsicum	\$3.70
2 Roll Deal	(choose any 2 of the above flavours)	2 rolls \$7.00

**SANDWICHES** (we use wholemeal bread)

Cheese*		\$3.00
Ham*		\$3.00
Chicken*		\$3.00
Egg*		\$3.00
Salad	lettuce, tomato, carrot & cucumber	\$3.00
Spreads	honey <u>or</u> vegemite	\$2.00
Extra Ingredients	<u>add</u> ham / cheese / chicken / egg	each \$1.00
	<u>add</u> lettuce / cucumber / carrot / tomato	each \$0.50
White Roll <u>or</u> Wrap		extra \$0.50
Gluten Free Bread		extra \$1.00

\*Toasties sandwiches with (\*) above can be toasted (note "toastie" on your order) no charge

### SALAD PACK

Fresh Salad	lettuce, tomato, carrot & cucumber	\$3.50
Extra Ingredients	<u>add</u> chicken / egg / ham / pineapple / cheese	each \$1.00
Salad Dressing	balsamic & olive oil <u>or</u> mayo <u>or</u> sweet chilli	no charge

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

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

## HOT LUNCH

## CHICKEN

Chicken Burger	lettuce & mayo <u>or</u> mayo & sweet chilli sauce	\$5.00
Chicken Salad Burger	lettuce, tomato, carrot & cucumber with mayo <u>or</u> sweet chili <u>or</u> BBQ <u>or</u> tomato sauce	\$5.00
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
Chicken Nuggets ( <i>commercial brand</i> )	3 pack: \$3.00 <u>or</u> 6 pack: \$6.00	
Butter Chicken & Rice	HM/GF/DF	\$4.50
Chicken Fried Rice	carrot, zucchini, corn, peas & shallots HM/GF/DF	\$4.50

## BEEF

Sausage Roll	beef mince & pastry	HM	\$3.50
Mexican Boat	lettuce & 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
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LAVASH (*all with tomato paste & cheese, one lavash wrap folded in half*)

Ham <u>or</u> Ham & Pineapple <u>or</u> Chicken (plus BBQ sauce)	\$4.50
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## EXTRA SAUCE

Individual Sauce Portions	tomato <u>or</u> BBQ	each \$0.30
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## NEW DAY-PACK MEAL DEAL

ONLY \$6.00

Fruit Break piece of fruit or fresh fruit cup – seasonal variety
 Recess yoghurt & fruit cup or corn on the cob or popcorn cup  
or lavash – tomato paste & cheese topping (1 quarter lavash)

 Lunch chicken fried rice or pasta bolognese  
or lavash – tomato paste & cheese topping (1 lavash wrap folded in half)



OUR CANTEEN HAS BEEN AWARDED THE HEALTHY SCHOOL CANTEEN BADGE & CERTIFICATE BY NSW HEALTH & WE FOLLOW ALL NSW HEALTHY SCHOOL CANTEEN STRATEGY GUIDELINES.

WHILST EVERY CARE IS TAKEN, WE CANNOT GUARANTEE THAT FOOD ALLERGENS WILL NOT BE TRANSFERRED THROUGH ACCIDENTAL CROSS-CONTACT.

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

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

### DRINKS

#### WATER

Water	still water (350ml bottle)	\$2.00
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#### MILK

Milk	fresh milk (300ml carton)	\$1.50
Milk & Sippah Straw	various flavours	\$2.00
Flavoured Milk	chocolate <u>or</u> strawberry (300ml bottle)	\$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
Twisted Frozen Yoghurt	strawberry & vanilla <u>or</u> chocolate & vanilla	\$2.00

#### 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 \$0.50 large \$1.00	

#### SLUSH

Frozen Drink	various flavours	\$2.00
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### LUNCH BAGS *(please write name, class & menu choice clearly on bag noting total cost)*

Red Reusable Bag	use time & time again!	\$9.00
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