

GFMD CANTEEN – Summer Menu 2017

OPEN EVERY DAY!!

Main Menu

Available Monday, Tuesday, Thursday and Friday

G Paton Pizza	\$3.50
Ham, cheese, our own pizza sauce. Add pineapple for 50c	
G Chicken Nuggets	\$4.00
4 crumbed 100% chicken breast (baked not fried) – made onsite!	
G Yumbo	\$4.00
Ham, cheese, mayo in a burger bun	
G Home made Spaghetti Bolognaise	\$4.50
G Chicken strip sub	\$4.50
Chicken strip, cheese, lettuce, mayo on a roll	
G Cheeseburger	\$5.00
Home made meat pattie, home made sauce, lettuce, cheese, tomato	
G Garden Salad	\$5.00
Add meat (chicken or ham) for 50c	
G Vegemite Sandwich	\$2.50
G Ham Sandwich	\$3.00
G Vegemite and Cheese Sandwich	\$3.00
G Ham and cheese Sandwich	\$3.50
G The Mrs Hall	\$4.00
Ham OR chicken, sliced beetroot, tomato, lettuce, cucumber, cheese on wholemeal bread	
G Chicken wrap	\$4.00
Poached chicken, mayo, lettuce	
G Ham wrap	\$4.00
Ham, cheese, tomato, lettuce	
G Tuna wrap	\$4.60
Tuna, mayo, lettuce, tomato	
G Chicken strip wrap	\$5.00
Chicken strip, lettuce, cheese, mayo	



Menu Extras

A Sausage Roll	\$2.80
(Available Monday & Wednesday only)	
A Beef Pie	\$3.90
Tomato Sauce	40c
(Available Monday & Wednesday only)	

Please Note

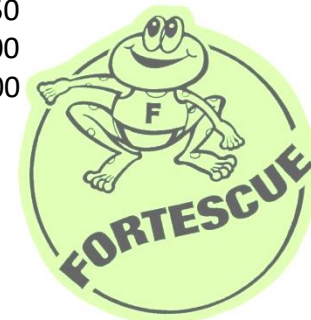
On Wednesday, these are the only items available



Icecream & IcyPoles

(Only available at lunch)

A IcyPole	80c
A Calipo	\$1.50
A Paddlepop	\$2.00
A Vanilla Bucket	\$2.00



Recess

G Mini Pancake	10c
G Mini Muffin	25c
G Popcorn	50c
G Seasonal Fruit Cup	50c
G Apple Slinky	50c
G Cheesie Bread	\$1.00
G Pizza Slice	\$1.50
A Chocolate Yogo	\$2.00

Drinks

G Milo	\$1.50
G Plain Milk (cup)	\$1.20
G Bottled Water	\$1.60
A Flavoured Milk	\$2.50
Chocolate, strawberry	
A Up&Go	2.50
Chocolate, vanilla, banana	
A GLEE	2.50
Bubblegum, Tropical, Blackcurrant, Raspberry	



HOW TO ORDER

You can now order online! Go to www.ouronlinecanteen.com.au. Register and log in.

Select your child, make your order, and pay online. It's that easy!

You can still order at the Canteen or in the classroom, menu and lunch bags are provided in the Classroom lunch boxes.

Please place your orders by 10am and supply correct money where possible.

PLEASE NOTE

The canteen does not offer credit

Hot recess items are limited, so we suggest ordering before school to avoid disappointment.

Recess items can be ordered on lunch bags. All pre-ordered ice creams and icy poles are to be collected

By taking your lunch bag to the canteen after eating lunch

VOLUNTEERS

Our canteen cannot successfully run without the help of volunteers.

If you would like to help out in the canteen, whether it is weekly, fortnightly, monthly or even

Once a term, your help is always very much appreciated.

RE-HEATING OF FOOD

Health regulations prohibit the Canteen from re-heating food brought from home

FOOD ALLERGIES

With the increase of allergies in children, it is difficult to cater for everyone.

If you have a child that has an allergy, please come and see us. Privacy laws prohibit

The school from passing on any medical information to the P&C

We follow both the State Government's policy and standards for Healthy Food and Drinks provided in Western Australian Public school canteens, and the Traffic Light system set down by the Western Australian schools canteen association

We aim to provide our school community with balanced, nutritious and affordable meal options during Recess and lunch. All of our healthy choice meal options are prepared from fresh produce and

Made onsite to ensure the highest quality is being served.

Open from 8.30am Monday to Friday. Any queries please contact us on 9490 1113



“RED” Food we choose not to have anywhere on our menu



“AMBER” Foods that are offered occasionally



“GREEN” Foods that are always available