

SANDWICHES, ROLLS & WRAPS

AVAILABLE DAILY

	S/WICH	WRAP
(G) Chicken	\$3.50	
(G) Chicken & Salad	\$4.00	\$4.70
(G) Ham	\$3.00	
(G) Ham & Salad	\$3.50	\$4.20
(G) Cheese	\$3.00	
(G) Cheese & Salad	\$3.50	\$4.20
(G) Salad	\$3.00	\$3.70
(G) Tuna	\$3.50	
(G) Tuna & Salad	\$4.00	\$4.70
(G) Vegemite	\$2.00	
(G) Mrs Hall	\$4.50	\$5.00

Ham or Chicken, Beetroot, Tomato, Lettuce, Cucumber, Carrot and Cheese on Wholemeal Bread.

EXTRAS

Cheese	\$1.00	Beetroot	.50c
Mayo	.50c	Tomato Sauce	.50c

SALAD PLATTERS

(G) Chicken/Ham/Tuna	\$5.00
(G) Plain Salad	\$4.50
(G) Grain Free Quiche (GF)	\$5.00

RECESS ITEMS

(G) Pikelets	.10c
(G) Mini Muffin	.50c
(G) Apple Slinky	.80c
(G) Fruit & Yoghurt	\$1.00
(G) Cheesie	\$1.20
(G) Pizza Scroll	\$1.50



DRINKS

(G) Cup of Milk	\$1.20
(G) Milo (Cold/Warm)	\$1.50
(G) Bottled Water	\$1.60
(A) Asstd. Fruit Boxes	\$1.70
(G) Flavoured Milk	\$2.50
(A) Up & Go	\$2.50



GFMD CANTEN SUMMER MENU

Main Menu available Monday, Tuesday, Thursday and Friday.

HOT FOOD AVAILABLE DAILY

(G) Chicken Strip Sub	\$4.50
3 Breast Portions, Cheese, Lettuce, Mayo, on a Roll.	
(G) Chicken Strip Wrap	\$5.00
3 Breast Portions, Cheese, Lettuce, Mayo, on a Wrap.	
(G) Paton Pizza	\$3.50
Homemade Sauce, Ham, Cheese.	
(G) Veggie Pizza	\$3.50
Homemade Sauce, Pine, Seasonal Veggies, Cheese.	
(G) Hawaiian Pizza	\$4.00
Homemade Sauce, Ham, Pine, Cheese.	
(G) Chicken Nuggets (4)	\$4.00
4 Crumbed 100% Breast nuggets (Baked) - Made On site.	
(G) Mac & Cheese	\$4.00

TOASTED SANDWICHES

(G) Ham	\$3.00
(G) Cheese	\$3.00
(G) Chicken	\$3.50
(G) Ham & Cheese	\$3.50
(G) Cheese & Tomato	\$3.50
(G) Chicken & Cheese	\$4.00
(G) Ham, Cheese & Tomato	\$4.00

LUNCHTIME FROZEN TREATS

(A) Icy Pole	.80c
99% Fruit Juice	
(A) Calippo	\$1.50
(A) Vanilla Bucket	\$2.00
(A) Paddlepop	\$2.00
(A) Frozen Yoghurt	\$2.00



DAILY SPECIALS

On Wednesdays SPECIAL MENU ONLY applies.

MONDAY

(G) Chicken Sushi	\$4.00
(G) Tuna Sushi	\$4.00
(G) Vegetarian Sushi	\$3.50



TUESDAY

(G) Bento Box Special	\$4.50
Comes with 2 Nuggets, Half Vegemite s/w, Mini Muffin, Mini Fruit Cup, plus Cheese & Crackers.	

WEDNESDAY :

ONLY THESE LUNCH ITEMS AVAILABLE TODAY

(A) Pie	\$4.00
(A) Sausage Roll	\$3.00



THURSDAY

Burgers are served with Patty, Tomato, Lettuce & Carrot. (Beef has Homemade Tomato Sauce) (Chicken has Mayo)	
(G) Beef Hamburger	\$4.50
(G) Chicken Burger	\$4.50

FRIDAY

Chicken/Beef, Lettuce, Tomato, Cheese, Veggie Tomato Salsa	
(G) 2 Chicken Soft Tacos	\$4.50
(G) 2 Beef Soft Tacos	\$4.50

Keep an eye out on the P & C Facebook group for weekly specials. Please Join to keep up to date!

www.facebook.com/groups/adpspandc

****TRAFFIC LIGHT SYSTEM****

(G) Green (A) Amber (R) RED
GFMD does not sell Red Items.



HOW TO ORDER

You can now order ONLINE! Go to www.quickcliq.com.au. Register and Log on.

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 from the Canteen 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 a spare hour, weekly, monthly or even once a term, your help is always very much appreciated by Staff and Students.

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.

Good Food Made Daily Canteen is 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” Healthy everyday choices.