



# GFMD CANTEEN MENU



Term 1  
2021

\*\*Prices subject to change without notice\*\*

## DAILY SPECIALS

## EVERY DAY HOT FOODS

## SALADS

## DRINKS

### MONDAY

(A) Party Pies	1.30
(A) Sausage roll	3.00
(A) Beef pie	4.00
Tomato Sauce	0.50

### TUESDAY

(G) Hambo	4.50
Hot ham and cheese roll	
(G) Tropical Hambo	5.00
Hot ham cheese pineapple roll	

### WEDNESDAY

CANTEEN CLOSED



### THURSDAY

(G) Hamburger w/salad	5.00
(G) Chicken Burger w/salad	5.00

### FRIDAY

(A) Cheese	4.00
(A) Supreme	4.00
(A) Hawaiian Pizza	4.50
(A) Party Pies	1.30
(A) Sausage roll	3.00
(A) Beef pie	4.00
Tomato Sauce	0.50



(G) 1/2 Hot Chicken Roll	2.50
(G) Hot Chicken Roll	4.50
(G) Chicken Nuggets	4.00
4 crumbed 100% breast nuggets.(Baked)	
(G) Macaroni and Cheese	5.00
(G) Pasta Bolognaise	5.00
(G) Chicken Strip Wrap	5.00
( chicken strip with salad+mayo)	
(G) Fried Rice	5.00

### TOASTED SANDWICHES/WRAP

(G) Cheese	3.50
(G) Ham & Cheese	4.00
(G) Chicken and Cheese	4.50
(G) Chicken Burrito	5.00
Chicken, sauce & cheese in a toasted wrap	

### SANDWICHES

	<u>OR</u>	<u>WRAPS</u>
(G) Vegemite	2.50	3.00
(G) Vegemite and Cheese	3.00	3.50
(G) Salad	3.50	4.00
(G) Cheese	3.00	3.50
(G) Cheese and Salad	4.00	4.50
(G) Plain Egg	3.50	4.00
(G) Curried Egg	4.00	4.50
(G) Egg & Salad	4.00	4.50
(G) Ham & Salad	4.50	5.00
(G) Chicken	4.00	4.50
(G) Chicken & Salad	4.50	5.00
(G) Mrs Hall	5.00	5.50

Ham/Chicken Beetroot, Tomato, Lettuce,  
Cucumber and Cheese

(G) Salad Bowl	4.50
Add Chicken	1.00
Add Ham	1.00
Add Egg	1.00
(G) Caesar Salad	5.00
Lettuce, Bacon & Cheese, Croutons	
Caesar Dressing	
Add Chicken	1.00
Add Egg	1.00
(G) Cold Pasta Salad	5.00
pasta, carrot, corn, cheese, tomato, and Italian salad dressing	

### EXTRAS

Teaspoon or Fork	0.05
Cheese or Egg	1.00
Mayonnaise or Beetroot	1.00
Tomato Sauce	0.50

### RECESS SALES ONLY

### CHANGES DAILY

(Recess Can Be Pre-ordered)

(G) Pikelets	0.10
(G) Popcorn	0.50
(G) Fruit (Apple or Banana)	1.00
(G) Yoghurt Cups	1.50
(G) Fruit & Yoghurt Cups	2.00
(G) Large Cheesies	1.20
(G) Pizza	1.50



(G) Bottled Water 600ml	1.60
(G) Fruit Boxes	1.80
Apple or Apple & Blackcurrent	
(A) Up & Go 250ml	2.50
Chocolate, Vanilla or Banana	
(G) Small Flavoured Milk	2.50
chocolate, strawberry, spearmint	



### LUNCH SALES ONLY

(A) Quelch Full	1.00
(A) Vanilla Buckets	2.00
(A) Paddle pop Icecreams	2.00



EFTPOS NOW AVAILABLE AT GFMD CANTEEN

### LUNCH ORDERS NOW ON LINE!!!

Go to <https://quickcliq.com.au/> register your child/children's, create an account and start ordering!! It's easy..no bags, no change, no waiting, no lost orders. Please place your ordered on line by 9.30am. ALL lunch orders are to be handed into the canteen, or place in the Lunch Box in the classroom before school.



### PLEASE NOTE:

**The canteen does NOT offer credit**

Hot recess items are limited, so we suggest ordering before school to avoid disappointed. Recess items can be ordered on lunch bags. All pre-ordered ice-creams are to be collected from the canteen by taking your lunch bag to the canteen after eating lunch.



### FOOD ALLERGIES

With the increase of allergies in Children, it is difficult to cater all needs. 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 and Canteen. Please note that due to the nature of the Canteen we cannot guarantee that we can cater to specific allergies if allergens are present in the canteen.

### RE-HEATING OF FOODS

Health regulations prohibit the canteen from storing or re-heating foods brought from home.

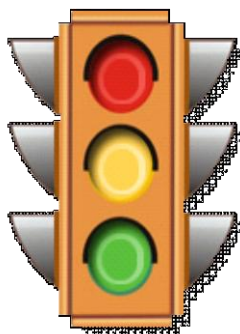


### VOLUNTEERS

Volunteers are always required and very welcome. If you are currently not on our list of volunteers and would like to come in, please either come into the canteen and put your name on the roster or phone the numbers listed across. Phone school on 0892346300 or Canteen on 0892346319

### Canteen Traffic Light System

Our canteen follows the State Governments Policy and Standards for healthy foods and drinks provided in WA school canteens.



**GREEN: Fill the Menu**  
**AMBER: Select Carefully**  
**RED: OFF the Menu**



**\*\*This menu meets with all government requirements for school canteens\*\***

