

## SNACKS – Recess and Lunch



- \* Fresh Fruit-Seasonal .....FREE
- \* Air Popped Popcorn ..... \$1.00
- \* Crunchy Fruit Yoghurt.....\$1.50
- \* Banana or Savoury Muffin .....\$0.80
- \* Homemade Pikelets.....\$0.40
- \* Plain Corn Chips (Gluten Free).....\$0.70
- \* Red Rock Deli Chips (Gluten Free) .....\$1.30
- \* Grain waves .....\$1.30
- \* Fruit Salad Cup..... \$1.00
- \* Fruit Slices (seasonal) .....\$0.50

**CANTEEN OPEN FROM 8:30am - 1:30pm**  
**MONDAY, WEDNESDAY & FRIDAY**  
**ORDERS MUST BE IN BY 9am**

To meet the **NSW Healthy School Canteen Strategy** at least **75%** of the menu must be everyday foods/drinks and no more than **25%** occasional foods/drinks.

**Our menu is checked annually**  
**GPS has 82% everyday foods/drinks and 18% occasional foods/drinks.**

**HOT FOOD FOR RECESS AND LUNCH MUST BE ORDERED BEFORE 9.00am**

### HOT FOOD AT RECESS

- \* Chicken Crackle .....\$0.50
- \* Pizza Tortilla.....\$1.50
- \* Hash Brown .....\$0.50
- \* Mini Sausage Roll .....\$0.50

### HOT FOOD AT LUNCH

- \* Meat Pie (Hebbys).....\$4.00
  - \* Junior Pie (Timbertown pies) ..... \$2.00
  - \* Sausage Roll (Hebbys)..... \$3.50
  - \* Lasagne (Enrico Brand)..... \$4.20
  - \* Mac n Cheese (Enrico Brand) ..... \$4.20
  - \* Chicken Tenders..... \$1.50
  - Sauces - Tomato/BBQ/Sweet Chilli/Mayo .....\$0.50**
  - \* Large Pizza Scrolls ..... \$4.50
  - \* Fried Rice .....\$3.00
  - \* Spaghetti Bolognaise (spiral pasta)..... \$4.00
- (\*Cheese - optional 50c each)

## DRINKS – Recess and Lunch Only

- \* Flavoured Milk– Choc or Straw ..... \$2.20
- \* Berri Juice Bottle - ABC, OJ or Apple..... \$2.20
- \* Poppers - Apple, Paradise Punch or ABC..... \$1.80
- \* Water 600ml ..... \$1.50
- \* Warm Milo (Term 2 and 3 only)..... \$1.00



## SANDWICHES/WRAPS Lunch Only

- \* Chicken Tender Wrap .....\$4.00  
(Lettuce, cheese & mayo)
- \* Ham .....\$3.50
- \* Ham with Salad .....\$4.50
- \* Salad Sandwich .....\$4.00
- \* Cheese.....\$2.50
- \* Ham with Cheese .....\$3.60
- \* Ham, Cheese and Tomato.....\$4.00
- \* Ham with Cheese, Pineapple .....\$4.00
- \* Cheese and Tomato .....\$2.80
- \* Egg or \*Curried Egg .....\$3.00
- \* Egg or \*Curried Egg and Lettuce .....\$3.80
- \* Vegemite or \*Honey .....\$2.50

Toasted Sandwich/Wrap - add 20c  
 Bread Roll -add \$1.00 Gluten Free Bread -add \$1.00

## FROM THE FREEZER – Lunch Only

- \* Mini Frozen Yogurt Cups-Vanilla,Straw,Mango... \$0.20
- \* Mini Frozen Juice Cups - ABC/Apple..... \$0.20
- \* Frozen Pineapple Rings..... \$0.50
- \* Frozen Orange Wedge..... \$0.10
- \* Moosie -Choc or Blue Moon (Gluten Free).....\$1.50
- \* Vanilla Ice Cream Cup (Gluten Free) .....\$1.50
- \* Juicies - Lemonade or Tropical (Gluten Free) .....\$1.50
- \* Frozen Juice Cup - ABC or OJ.....\$1.00
- \* Twisted Frozen Yoghurt Gluten Free .....\$2.20



**Lunch bags are available at the canteen free of charge thanks to Connected Electrical**

GPS School Canteen proudly meets the 'Healthy School Canteen Strategy'

\* **Everday food or drink**  
 \*\* **Occasional food or drink**



**Please let us know if your child has any food allergies.**