

GLOUCESTER PUBLIC SCHOOL TERM 3 2023 AUTUMN/WINTER MENU

SNACKS – Recess and lunch

- * Fresh Fruit Seasonal _____ FREE
- * Air Popped Popcorn _____ \$1.00
- * Crunchy Fruit Yoghurt _____ \$1.50
- * Crunchy Yoghurt _____ \$1.20
- * Banana or Savory Muffin _____ \$1.00
- Homemade Pikelets _____ \$0.50
- * Plain Corn Chips (GF) _____ \$0.80
- * Red Rock Deli Chips (GF) _____ \$1.50
- * Grain Waves _____ \$1.30
- * Fruit Salad Cup _____ \$1.00
- * Fruit Slices (seasonal) _____ \$0.50

SANDWICHES/WRAPS Lunch Only

- * Chicken Tender Wrap
(Lettuce, cheese & mayo _____ \$4.50
- * Ham _____ \$3.50
- * Ham with salad _____ \$5.00
- * Salad _____ \$4.50
- * Cheese _____ \$2.50
- * Ham with cheese _____ \$4.00
- * Ham, cheese, and tomato _____ \$4.50
- * Ham, cheese and pineapple _____ \$4.50
- * Cheese and tomato _____ \$3.00
- * Egg or curried egg _____ \$3.00
- * Egg or curried egg & lettuce _____ \$3.50
- * Vegemite _____ \$2.50
- * Vegemite and cheese _____ \$3.00
- * Jam or honey _____ \$2.50

Toasted add \$0.20 Wrap add \$0.50. Bread Roll/Gluten Free (GF) Bread add \$1.00.

CANTEEN OPEN FROM 8:30am – 1:30pm

MONDAY, WEDNESDAY & FRIDAY

ONLINE ORDERS BY 8:30am

AT SCHOOL ORDERS BY 9:00am

HOT FOOD AT RECESS

- * Chicken Crackle _____ \$0.50
- * Mini Pizza BBQ Chicken & Cheese _____ \$1.50
- * Mini Pizza Ham, Cheese Tom Sauce _____ \$1.50
- * Hash Brown _____ \$0.50
- * Mini Sausage Roll _____ \$1.00

HOT FOOD AT LUNCH

- * Meat Pie (Hebby's) _____ \$4.00
 - * Junior Pie _____ \$2.00
 - * Sausage Roll (Hebby's) _____ \$3.50
 - * Lasagne (Enrico brand) _____ \$4.20
 - * Mac n Cheese (Enrico brand) _____ \$4.20
 - * Chicken Tenders _____ \$1.50
 - * Large Pizza Scrolls _____ \$4.50
 - * Pumpkin Soup & Roll _____ Sm \$3.00 Lg \$5.00
- Sauces Tom/BBQ/Mayo/Sweet Chilli \$0.50**

DRINKS – Recess and Lunch

- * Flavoured Milk Choc/Straw _____ \$2.30
- * Berri Juice Bottle – ABJ/OJ/Apple _____ \$2.30
- * Popper Apple/ABC/Paradise Punch _____ \$2.00
- * Water _____ \$1.50

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

MONDAY LUNCH SPECIALS

- * Chicken Carbonara _____ Sm \$3.00 Lg \$5.00
- * Spaghetti Bolognese _____ Sm \$3.00 Lg \$4.00
(Cheese add \$0.50)

WEDNESDAY LUNCH SPECIALS

- * Curried Sausages & Rice _____ Sm \$3.00 Lg \$5.00
- * Nachos Plain _____ Sm \$3.00 Lg \$4.00
(Cheese and/or Sour Cream - \$0.50 each)

FRIDAY LUNCH SPECIALS

- * Beef OR Chicken Burger (Pattie, Lettuce & Sauce) _____ \$4.00
Option Cheese, Tomato, Cucumber _____ \$0.50 ea

FROM THE FREEZER – lunch only

- * Mini frozen yoghurt cups _____ \$0.20
- * Frozen Pineapple Rings _____ \$0.50
- * Frozen Orange Wedge _____ \$0.10
- * Moosie Choc/Blue Moon (GF) _____ \$1.70
- * Vanilla Ice Cream Cup (GF) _____ \$1.60
- * Juicies (GF) _____ \$1.60
Lemonade, Tropical, Wild Berry
- * Frozen Juice cups Apple/ABC _____ \$1.00
- * Paddle Pop _____ \$2.00
- * Twisted Frozen Yoghurt (GF) _____ \$2.20

GPS School Canteen Proudly meets the 'Healthy School Canteen Strategy'.

* Everyday food or Drink

** Occasional food or Drink