



# GILMORE PRIMARY SCHOOL

## Canteen Menu

### 2018

Opening Hours – Wednesday, Thursday and Friday – Recess and Lunch  
 Canteen Manager: Jana Cunanan Phone: 0417 286 623

#### Sandwiches/Wraps

Wholemeal bread is used mostly.  
 Toasted .....extra .50c

Cheese with Salad ..... \$4.50  
 Cheese and Tomato ..... \$3.00  
 Cheese ..... \$2.80  
 Ham, Cheese & Tomato ..... \$4.00  
 Salad - (lettuce, tomato, carrot,  
 cucumber and cheese) ..... \$3.80

#### Hot Foods

Hot Chicken Wrap ..... \$4.80  
 (includes salad and 3 chicken sticks)  
 Chicken Dinosaurs 3 for ..... \$2.20  
 6 for ..... \$4.40  
 Chicken Sticks (Goujons) ..... .80c  
 Chicken Burger ..... \$4.80  
 Beef Burger ..... \$4.80  
 Pie (good eating) ..... \$4.00  
 Sausage Roll (good eating) ..... \$4.00  
 Spaghetti Bolognese ..... \$4.50  
 Macaroni and Cheese Pasta ..... \$4.50  
 Hash Browns ..... .80c

#### Frozen Treats

Bulla Frozen Yoghurts ..... \$2.00  
 (Strawberry or Mango)  
 Quelch Fruity Ice Tubes ..... .70c  
 Frozen OJ/ ABC Juice ..... \$1.00  
 Frozen Milk Cup  
 (Strawberry or Chocolate) ..... \$1.00

#### Snacks

Slice of Watermelon ..... .20c - .30c  
 Fruit Skewers ..... \$1.00  
 Small Fruit Cups ..... up to .50c  
 Muffins ..... .80c  
 Chocolate Brownie ..... .60c  
 Pikelet ..... .30c  
 Cheesy Toast (half slice) ..... .50c  
 Apple Slinky ..... \$1.00  
 Veg Sticks and Humus ..... \$1.00

#### Drinks

Plain Milk (HiLow) ..... \$1.80  
 Moove Milk  
 (Strawberry or Chocolate) ..... \$2.00  
 Bottled Water ..... \$1.00  
 Fruit Box OJ/ABC/Trop ..... \$1.50  
 Milo Shake (HiLow) ..... \$2.00  
 (Carton of Milk with Bag of Milo)  
 Hot Milo in Cup ..... \$1.00

#### Other

Sauce- Tomato or BBQ ..... .30c  
 Mayonnaise ..... .50c  
 Brown Lunch Bags ..... .10c

#### Meal Deals

Add \$2.00 - includes Juice and Snack.  
 Add \$2.80 - includes Milk and Snack.

Green Text - Australian Guide to Healthy  
 Eating - GREEN FOODS

All food is available in lunch orders.  
 At recess there will be some hot food and  
 most of the snacks.

# GILMORE PRIMARY SCHOOL CANTEEN 2018

## Canteen Policy

### What we do and why we do it

The canteen is run as a non-profit service for the well-being of the school by the P&C Association. The P&C employ a manager who is responsible for the day to day operation of the canteen, guided and assisted by the P&C.

The canteen provides nutritious and appealing food at an affordable price. We aim to keep our menu as Green as possible to provide a healthy school recess and lunch for the enjoyment of the children and assist busy families.

### Food Allergies

The canteen is **NUT** free due to severe allergies of some students.

If your child has an allergy and is ordering from the canteen, please ensure you note it on the outside of the bag.

### Volunteering

Volunteers are very welcome to come and help.

The canteen is a friendly environment and a great way to meet other parents.

Please come and see me, call or message.

### Canteen Manager

Jana Cunanan

**Phone:** 0417 286 623

## Orders

Please write your child's:

- Full Name
- Class
- Order

On an envelope or paper bag with the required money enclosed. Students will place these in the lunch order box in the front office.

Occasionally we will run out of stock, if this does happen or an item in the order is incorrect please encourage your child to come and see the Canteen Manager. We will try our best to solve the problem.

If you have any questions regarding the canteen operation or menu please come and visit the canteen.

### Children's Birthdays

If you would like cupcakes for your child's class to celebrate their birthday, the canteen can make 24 vanilla, iced cupcakes for \$20.00.

To order just call or send a note in with:

- Child's name
- Date cupcakes are needed
- Money
- Number required
- Contact name & phone number

PLEASE give as much notice as possible.