

OUR CANTEEN HAS BEEN AWARDED THE HEALTHY SCHOOL CANTEEN BADGE & CERTIFICATE BY NSW HEALTH & WE FOLLOW ALL NSW HEALTHY SCHOOL CANTEEN STRATEGY GUIDELINES.

WHILST EVERY CARE IS TAKEN, WE CANNOT GUARANTEE THAT FOOD ALLERGENS WILL NOT BE TRANSFERRED THROUGH ACCIDENTAL CROSS-CONTACT.



**SOUP** (plus one serve of garlic bread)

Pumpkin Soup	HM/PO	\$3.50
Miso Soup	PO	\$3.50

**DRINKS**

**WATER**

Water	still water (350ml bottle)	\$2.00
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**MILK**

Milk	fresh milk (300ml carton)	\$2.00
Milk & Sippah Straw	various flavours	\$2.50
Flavoured Milk	chocolate <u>or</u> strawberry (300ml bottle)	\$3.00
Warm Milo	served warm in a take-away cup	\$2.00

**JUICE**

Fruit Popper	apple <u>or</u> apple & blackcurrant <u>or</u> tropical <u>or</u> orange	\$2.00
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**FROZEN SNACKS**

**DAIRY**

Twisted Frozen Yoghurt	strawberry & vanilla <u>or</u> chocolate & vanilla	\$2.50
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**JUICE**

Frozen Juice Stick (Juicie)	wildberry <u>or</u> tropical <u>or</u> orange <u>or</u> lemonade	\$1.00
Frozen Juice Popper	apple <u>or</u> apple & blackcurrant <u>or</u> tropical <u>or</u> orange	\$2.00
Mini Frozen Juice Cup	small	\$0.50

**SLUSH**

Frozen Drink	Fruit Juice with Crushed Ice	\$1.00
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**GPPS CANTEEN MENU 2022**

Monday – Friday

Like our FB page for occasional menu updates.  
See the school newsletter for end-of-term closures.



Like our FB page: <https://www.facebook.com/GraysPointPrimarySchool/>

Order online – [myschoolconnect.com.au](https://myschoolconnect.com.au)

Online orders need to be placed before 9:00am

Check the FB page for regular updates.

**FRUIT BREAK** (available at the Canteen before 9.15am or online)

Fresh Fruit	seasonal variety	GF/DF	\$1.00
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**RECESS & DAILY SNACKS**

- Snacks also available for lunch orders: fresh fruit, yogurt & berry cup, vegetable sticks, corn on the cob & boiled eggs.
- Our biscuit/slice-of-the-day will change daily dependent upon seasonal ingredients.

**COLD SNACKS**

Fresh Fruit	seasonal variety	GF/DF	\$1.00
Yoghurt & Berry Cup	Greek yoghurt with mixed berries	GF	\$2.00
Vegetable Sticks	carrot, cucumber & celery	GF/DF	\$1.00
Boiled Egg	free-range & hard boiled	PO/GF/DF	\$1.00
Popcorn Cup	plain & unsalted	HM/GF/DF	\$1.00
Fruit Muffin	home-made with seasonal fruit	HM	\$1.00
Biscuit / Slice-of-the-day	home-made & changing daily	HM	\$1.00

**HOT SNACKS**

Lavash	tomato paste & cheese topping (1 quarter lavash)	\$1.00
Garlic Bread	French bread roll (2 slices)	\$1.00
Corn on the Cob	half an ear of cooked corn (served warm)	PO/GF/DF \$1.00

**LUNCH**

- Also available: fresh fruit, yogurt & berry cup, vegetable sticks, boiled egg, Cob of Corn
- We use chicken breast for our Handmade@CrunchHQ items.

**COLD LUNCH**

**SUSHI THURSDAY** (every Thursday – place your order before 9.00am the Wednesday prior)

Mini Box 1 - Half Cucumber/Half Cooked Tuna	GF/DF	\$6.00
Mini Box 2 - 5 x Avocado / 5 x Cooked Tuna / 5 x Cucumber	GF/DF	\$6.00
Mini Box 3 - All Chicken Schnitzel	DF	\$6.00
Mini Box 4 - All Cooked Tuna	GF/DF	\$6.00

Each Box contains 15 Small Bite Size Pieces. **Note: We are Unable to Mix Box Varieties**

**SANDWICHES** (wholemeal bread only)

Cheese*		\$3.50
Ham*		\$3.50
Chicken*		\$3.50
Egg*		\$3.50
Salad	lettuce, tomato, carrot & cucumber	\$3.50
Spreads	honey <u>or</u> vegemite	\$2.50
Extra Ingredients	<u>add</u> ham / cheese / chicken / egg	each \$1.00
	<u>add</u> lettuce / cucumber / carrot / tomato	each \$1.00
White Roll <u>or</u> Wrap		extra \$1.00
Gluten Free Bread		extra \$1.00

\*Toasties sandwiches with (\*) above can be toasted (note "toastie" on your order) no charge

**SALAD PACK**

Fresh Salad	lettuce, tomato, carrot & cucumber	\$4.50
Extra Ingredients	<u>add</u> chicken / egg / ham / pineapple / cheese	each \$1.00
Salad Dressing	balsamic & olive oil <u>or</u> mayo <u>or</u> sweet chilli	no charge

**HOT LUNCH****CHICKEN**

Chicken Burger	lettuce & mayo <u>or</u> mayo & sweet chilli sauce	\$6.00
Chicken Salad Burger	lettuce, tomato, carrot & cucumber with mayo <u>or</u> sweet chili <u>or</u> BBQ <u>or</u> tomato sauce	\$6.00
Tenderloin Wrap	lettuce, tomato, carrot & cucumber <u>or</u> lettuce & mayo	\$6.00
Sweet Chilli Tenderloin Wrap	lettuce, tomato, carrot & cucumber <u>or</u> lettuce & mayo	\$6.00
Chicken Nuggets (commercial brand)	3 pack: \$3.00 <u>or</u> 6 pack: \$6.00	
Butter Chicken & Rice		HM/GF/DF \$5.00
Chicken Fried Rice	carrot, zucchini, corn, peas & shallots	HM/GF/DF \$5.00

**BEEF**

Sausage Roll	beef mince & pastry	HM \$4.00
Mexican Boat	lettuce & cheese	PO/HM \$5.50
Beef Pie Parcel	2 filo parcels with beef mince & pea filling	HM \$4.00
Pasta Bolognese	tomato base with beef, carrot & zucchini	HM \$5.00
Cheese Burger	beef patty with cheese and choice of sauce	\$5.00

**VEGETARIAN**

Mac & Cheese	macaroni pasta & cheese sauce	HM \$4.50
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**LAVASH** (all with tomato paste & cheese, one lavash wrap folded in half)

Ham <u>or</u> Ham & Pineapple <u>or</u> Chicken (plus BBQ sauce)	\$5.00
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**EXTRA SAUCE**

Individual Sauce Portions	tomato <u>or</u> BBQ	each \$0.50
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**DAY-PACK MEAL DEAL****ONLY \$7.50**

Fruit Break	fresh fruit – seasonal variety
Recess	yoghurt & berry cup <u>or</u> corn on the cob <u>or</u> popcorn cup <u>or</u> garlic bread
Lunch	chicken fried rice <u>or</u> pasta bolognese <u>or</u> lavash – tomato paste & cheese topping (1 lavash wrap folded in half)