



August 2017

Canteen Menu

HOT FOOD		PRICE
	Hot Dog with Cheese & Sauce	\$4.50
	Meat Pie (sauce 20c extra)	\$3.80
	Shepherd's Pie (sauce 20c extra)	\$3.80
	Pasty (sauce 20c extra)	\$3.80
	Sausage roll (sauce 20c extra)	\$3.80
	Toasted Sandwich- <i>Ham & cheese</i>	\$3.00
	- <i>Cheese & Vegemite</i>	\$2.50
	- <i>Cheese</i>	\$2.50
	Flat-Jacks – <i>Ham, cheese and tomato toasted in a hotdog roll</i>	\$3.50
L	Chicken Burger – <i>Chicken pattie, cheese, tomato, lettuce & mayo</i>	\$6.50
L	Chilli Chicken Sub - Chilli chicken, lettuce, mayo & chilli sauce. - Whole Sub	\$4.00 Half sub \$8.00
	Pizza - <i>Ham , cheese & pineapple</i>	\$4.00
	- <i>Chicken, cheese, bbq sauce & pineapple</i>	\$4.00
	Fried Rice	\$5.00
	Pasta Bolognaise with Cheese	\$6.50
L	Yiros: <i>Lamb, cucumber, lettuce, tomato, cheese and garlic sauce</i>	\$7.00
L	Wedges – small	\$4.00
L	– Large	\$4.50
L	Nuggets	\$0.60 each
	Dipping tub of Tomato or BBQ sauce	\$0.50
	Dipping tub of Sweet Chilli Sauce	\$1.00
	Dipping tub of Mayo	\$1.00
	Dipping tub of Sour Cream	\$1.50
	Dipping tub of Gravy	\$1.50

SANDWICH		PRICE
<i>Sandwiches are made with wholemeal bread</i>		
L	Chicken, lettuce and Mayo	\$4.50
L	Beef, tomato, cheese and relish	\$4.50
L	Ham, cheese, tomato, lettuce & mayo	\$5.00
L	Egg, lettuce & mayo	\$4.50
	Vegemite	\$2.00
L	Cheese, carrot & mayo	\$4.00

UPSIZE IT - Sandwich varieties available in a Multigrain Roll

Add
\$1.00 to
price
\$7.00

Double Cut Rolls

YOGHURT		PRICE
	250G tub Honey, Mango, Mixed Berry & Passionfruit	\$3.50

SALAD BOXES		PRICE
L	Salad Tubs- <i>A choice of chicken, beef, ham or tuna with lettuce, carrots, tomato, pineapple, cheese, beetroot (optional) and cucumber</i>	\$7.00
	Pasta Salad – <i>with tangy tomato dressing</i>	\$2.50

MEAL DEALS PRICE		
MONDAY MEAL DEAL		
L	Chicken Burger	\$6.00
	<i>Chicken Pattie, cheese, tomato, lettuce and mayo</i>	
TUESDAY MEAL DEAL		
L	Italian Bolognese	\$6.50
	<i>Pasta Bolognese with cheese</i>	
	Pizza	\$4.00
	<i>Ham or Chicken Pizza with cheese and Pineapple</i>	
WEDNESDAY MEAL DEAL		
L	Wedges Wednesday	\$6.00
	<i>Wedges with 4 Nuggets and a tub of either tomato or BBQ sauce</i>	
THURSDAY MEAL DEAL		
L	Hot spuds	
	<i>Hawaiian - Spud, ham, cheese, pineapple butter and sour cream</i>	\$6.50
	<i>The Lot - Plus coleslaw and optional beetroot</i>	\$7.00
FRIDAY MEAL DEAL		
	Shake n dog	\$6.00
	<i>Hot dog, sauce and 375ml Farmers Union or Nippys milk drink</i>	

DRINKS & SNACKS PRICE		
	375ml Farmers union iced coffee	\$2.60
	600ml Farmers union iced coffee	\$3.50
	250ml Nippys Choc, Honeycomb, Strawberry	\$2.00
	375ml Nippys Choc, Honeycomb, Vanilla	\$2.50
	500ml Fleurieu Choc or Strawberry	\$3.50
	250ml Nippy's Apple & Blackcurrant or Orange Juice	\$2.00
	350ml Nippy's Apple Blackcurrant , Multi Juice, Apple or Orange Juice	\$2.50
	Hot chocolate, tea or green tea (soy milk available)	\$2.00
	Chips- Honey Soy Chicken, Salt & Vinegar, Sea Salt, Sour Cream & Chives grain waves	\$1.50

SA RIGHT BITE

The Gladstone High School Canteen Menu follows the SA Right Bite guide to Healthy Eating at Schools (although there are some snack foods at the counter that are red.) Please help your child choose wisely.



Choose plenty



Select carefully



Very occasionally

L- Indicates only available at Lunch times

CANTEEN ORDERING PROCEDURES

Year 8-12: Lunch order bags are available in the back office area of the main admin building from 8:30am until 9:30am. Completed orders for recess or lunch are then placed in the black tub next to the class pigeon holes.

Please make sure you have your name, home group name and money enclosed on the bag where indicated.