



# SAMUEL GILBERT PUBLIC SCHOOL CANTEEN

## FULL PRICE LIST—Term 1 2021



### COLD LUNCHES

#### Sandwiches and Rolls—fixed prices

	<u>Sandwich</u>	<u>Roll</u>
Plain	N/A	\$1.00
(E) Honey OR Jam OR Vegemite	\$1.50	\$2.00
(E) Spaghetti OR Baked Beans	\$2.00	\$2.50
(E) Lean Ham OR Diced Chicken Breast OR Cheese OR Tuna	\$2.50	\$3.00
(E) Salad—5 fillings	\$3.50	\$4.50

All sandwiches are on **WHOLEMEAL** unless otherwise specified. White and Multigrain are also available. Rolls are white only.

#### Sensational Salads

(E) Mini Salad Pack—includes lettuce, tomato and cucumber. No variations	\$2.50
(E) Salad Pack—includes lettuce, tomato, cucumber, carrot and beetroot	\$4.00
(E) ADD 1 of Lean Ham OR Chicken OR Cheese OR Tuna OR Plain Roll	\$5.00
(E) Small Fruit Salad Pack—Available Terms 1 & 4 Only	\$3.00

#### Extras For Sandwiches, Rolls And Salads

Fork / Spoon / Paper Lunch Bag	\$0.10
Toasting—Canteen made sandwiches only	\$0.20
Tomato Sauce OR BBQ Sauce Portions	\$0.20
(E) Add 1 of Lettuce OR Tomato OR Cucumber OR Carrot OR Beetroot	\$0.50
(E) Lean Ham OR Diced Chicken Breast OR Cheese OR Tuna	\$1.00

#### BASIC WRAPS—fixed prices

All wraps are tortilla wraps

	<u>Half</u>	<u>Full</u>
(E) Gundaroo Wrap—shredded lite cheese	\$1.50	\$2.00
(E) Allunga Wrap—lite mayonnaise, cheese, tomato, lettuce	\$3.00	\$4.00
(E) Gilbert Wrap—lean ham and cheese	\$3.00	\$4.00
(E) Koonaka Wrap—lite mayonnaise, lean ham, tomato, lettuce	\$3.00	\$4.00
(E) Timburra Wrap—lite mayonnaise, diced chicken breast, lettuce	\$3.00	\$4.00

For a more personalised wrap please use the following price guide:

	<u>Salad Items</u> (lettuce, tomato, cucumber, carrot, beetroot)	<u>Salad Item with Meat</u> (ham OR chicken OR cheese)
1 filling	N/A	\$2.50
2 fillings	\$3.00	\$4.00
3 fillings	\$3.50	\$4.50
4 fillings	\$4.00	\$5.00
5 fillings	\$4.50	\$5.50

### HOT LUNCHES—available Monday to Friday

(E) Corn on the Cob	\$1.00
(E) Baked Potato—with baked beans	\$2.00
(E) Baked Potato—with shredded lite cheese	\$2.00
(E) Baked Potato—with creamed corn	\$2.00
(E) Hot Cheese Roll	\$3.50
(E) Hot Cheese and Ham Roll	\$4.00
(E) Mac and Cheese Lite	\$3.50
(E) Penne Pasta with Red Sauce (V)	\$3.50
(E) Vegetarian Fried Rice (V)	\$3.50
(E) Asian Noodles (V)— <b>new item, trialling Term 1</b> --stir-fried oriental vegetables with sweet soy sauce, salt reduced soy sauce & noodles	\$4.00
(E) Butter Chicken	\$4.50
(E) Beef Lasagne	\$4.50
(E) Italian Meatballs with Pasta	\$4.50
(E) Twista Pasta—with a bolognese-style sauce	\$4.50
(E) Twista Pasta (GF)	\$4.50
(O) Noodle Cup—Beef	\$2.50
(O) Noodle Cup—Chicken	\$2.50
(O) Hot dogs—all hot dogs are fat reduced	
Mini	\$2.00
Large	\$2.50
Large with cheese—also known as American	\$3.00
All hot dogs come standard with tomato sauce unless otherwise requested. BBQ sauce is also available	
(O) Junior Meat Pie (90g)	\$2.00
(O) Veggie Burger (V)—crumbed veggie patty, lettuce and select from sweet chilli sauce, tomato sauce, BBQ sauce or lite mayo	\$3.50
(O) Sausages and Mash Lite (GF)	\$4.50

### HOT LUNCHES—available Monday to Thursday.

#### Not available on Fridays.

If ordered, your child will receive a vegemite sandwich.

(E) Pizza Subs—no variations	
Margherita—pizza sauce and grated cheese	\$2.50
Hawaiian—pizza sauce, ham, cheese and pineapple	\$3.00
(E) Cheese Burger—lean beef burger, cheese slice and tomato sauce	\$4.00
(E) Chicken Burger—flame grilled chicken breast with lettuce and lite mayo	\$4.00
(O) Premium Chicken Breast Nuggets (DF)	
3 pack	\$1.50
6 pack	\$3.00

Tomato sauce is not included unless stipulated above.

Tomato sauce portions are an extra 20c.

Note: Although egg is not available, please be aware that some menu and counter items may contain egg.

GF—Gluten Free / DF—Dairy Free / V—Vegetarian /

E—Everyday / O—Occasional

## DRINKS

(E) Spring Water— Small	\$1.00
Large	\$1.50
(E) Nudie Juice— <i>apple, orange or tropical</i>	\$1.50
(E) Plain Milk 300ml	\$1.50
(E) Oak Milk 300ml— <i>chocolate or strawberry</i>	\$2.00
(E) Glee Juice 250ml (sparkling fruit juice)— <i>blackcurrant, raspberry, tropical, sour blueberry or sour watermelon</i>	\$2.00
(E) Up & Go 250ml— <i>chocolate, strawberry or vanilla</i>	\$2.50

## FROZEN TREATS

(E) Frozen Fruit— <i>seasonal</i>	\$0.50
(E) Quelch Sticks— <i>assorted</i>	\$0.50
(E) # Ice Mony & TNT Freeze Pops (GF) <i>[not all varieties available every day]</i> — <i>Lemon Ice, Sour Blue Raspberry, Sour Strawberry, Sour Watermelon, Sour Red Berry Blast</i>	\$1.00
(E) # Juice Cups— <i>apple, apple blackcurrant or orange</i>	\$1.00
(E) Juicies (GF)— <i>apple blackcurrant or tropical</i>	\$1.00
(E) # Blizzard Slushie <i>[only 2 flavours are available at a time]</i>	\$2.00
(O) Chocolate Moosie (GF)	\$1.00
(O) Licks 99% Fruit Juice Ice Blocks (GF) (DF) (V) — <i>berry buzz or pink lemon twist</i>	\$1.50
(O) # Frozen Yoghurt Cups (GF) <i>[not all varieties available every day]</i> — <i>Mango, Strawberry, Vanilla (GF)</i>	\$2.00

# Not available at recess.

## CONTACT THE CANTEEN VIA THE SCHOOL OFFICE ON 9680 4477.

Canteen Supervisors: Jenelle Lockrey (Mon/Tues/Wed)  
Jacqui Cumming (Thur/Fri)

We use **MunchMonitor** for online ordering. Register via  
[www.munchmonitor.com/Account/Login](http://www.munchmonitor.com/Account/Login):



Your SchoolID—**sgps**  
Your School Password—**munch2154**

## \*\*\* VOLUNTEERS \*\*\*

Volunteers are always needed to service such a large school, 5 days a week. A shift is approximately 2 hours and if you put your name on the roster you will be helping out around twice a term.

If you have any spare time, just pop in and lend a hand or put your name down on the roster for one of the shifts outlined below:

<b>1<sup>st</sup> shift</b>	9:00am—11:15am
<b>2<sup>nd</sup> shift</b>	11:15am—2:00pm*
<b>Full day</b>	9:00am—2:00pm

\* 2<sup>nd</sup> Shift on Fridays in Terms 2 and 3 is 10:30am—1:00pm.

Canteen Committee meetings are held regularly. Everybody is welcome. Details are available from the Canteen.

**Fresh Fruit and Vegetables are kindly donated by PUMPKIN HEAD.**

## SNACKS

(E) Apple Slinky— <i>own apple</i>	\$0.20
(E) Apple Slinky— <i>canteen apple</i>	\$0.50
(E) Bread Stick— <i>classic</i>	\$0.20
(E) Mini Jatz	\$1.00
(O) Popcorn <i>Half Bag</i>	\$0.50
<i>Full Bag</i>	\$1.00
(O) Mamee Chicken Monster Noodle Snack	\$1.00
(O) Mini Pretzels	\$1.00
(O) Sunbites Quinoa Crackers — <i>cheddar and chives</i> — <i>caramelised onion and balsamic</i>	\$1.00
(O) Sea Salt Red Rock Deli Chips	\$1.50
(O) Sour Cream and Chives Grain Waves	\$1.50

## SNACK OF THE DAY—Recess Only

Over-the-counter at recess only when available:

(E) Tasty Cheese Toasties	\$0.50
(E) Toasty Ham and Cheese Flat Wrap	\$0.50
(E) Perfect Pizza Slice	\$0.50
(E) Veggie Sticks with Hummus	\$1.00
(E) Steamy Rice with Sauce	\$1.00
(E) Yummy Yoghurt Cup with Muesli	\$1.00
(O) Happy Hash Browns	\$1.00
(O) Go Go Garlic Bread Roll	\$1.00

## \*\*\* IMPORTANT THINGS TO REMEMBER \*\*\*

All MUNCHMONITOR ONLINE lunch orders must be submitted before 9am on the day they are required. Ensure your child's class and lunch order date are correct. Orders can be placed up to 4 weeks in advance and changed up to 9am on the day of the lunch order. *Please select a Paper Lunch Bag for online orders.*

Over-the-counter lunch orders. Print your child's name and order clearly on a **paper lunch bag**. Change will be taped to the front of the returned lunch bag. If change exceeds \$10, the child will need to come to the Canteen and sign for it. If insufficient money is included, the order will be adjusted. No child will go without food.

### Please DO NOT staple or sticky tape lunch order bags.

Frozen treats ordered with lunch orders need to be collected from the Canteen after lunch has been eaten. Children should bring their original lunch order bag to the Canteen as proof of payment.

The Canteen DOES NOT offer an IOU facility. If money is not included with your child's order, they will be offered a sandwich. If possible, your child will be consulted.

If a lunch order is not handed in on time, your child may not get what they request. If your child forgets their recess or lunch they need to get a "Basic Food Request" note from their teacher. Fruit or a sandwich will be offered. A note will be sent home. Prompt payment would be appreciated.

*Come and see us if your child has any special dietary requirements. We are more than happy to help as well as hold allergy friendly food/birthday cupcakes for your child.*