



Gymea North Canteen Menu 2020 Open Monday Wednesday Thursday

BREAKFAST (available from 9am)

Wholemeal Toast (2 slices per serve)	
- Plain	\$0.50
-Vegemite	\$0.60
-Jam	\$0.60
-Honey	\$0.60
Cheese	\$1.00
Just Juice	\$1.30
Orange Paradise Punch Apple	
Up n Go	\$2.20
Chocolate Vanilla Strawberry	

RECESS 11.30am-11.50am

Seasonal Fresh fruit	\$0.50
Apple	\$0.70
Carrot Sticks	\$0.50
Frozen Orange (2 pcs)	\$0.50
Frozen Pineapple	\$0.50
Frozen Grape Cups	\$1.00
½ Cheese Roll	\$1.00
Garlic Bread	\$0.20



DRINKS

Just Juice	\$1.30
Small Water (355ml)	\$1.20
Large Water (600ml)	\$1.60
Up & Go	\$2.20
Sipahh Straw Milkshakes	\$2.20
Chocolate Raspberry Cookies & Cream Caramel	
Frozen Fruit Smoothies	\$3.50
Banana Mango Berry	

LUNCH 1.20pm-2.10pm

HOT FOODS - LUNCH

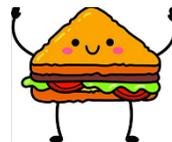
Beef Lasagne	\$4.00
Macaroni Cheese	\$4.00
Bolognese Twista pasta	\$4.00
Pizza (Ham & Pineapple, Meat lovers)	\$5.00
Pizza (Cheese)	\$4.50
Cheese Burger	\$5.50
(cheese, lettuce tomato & beetroot)	
Chicken Burger	\$5.00
(lettuce, mayo & tomato)	
Hamburger (lettuce, tomato& beetroot)	\$5.00
GF option available	\$6.00
Steggles Premium Chicken Nugget (each)	\$0.60
Party Pie	\$1.10
Sausage Roll	\$2.50
Noodleman (chicken or beef)	\$3.00
Potato Gem (Each)	\$0.20

SALAD BOX

Tuna & Salad	\$5.00
Steggles Chicken Nuggets (5) & Salad	\$5.00
Pizza & Salad	\$6.00
Salad Box	\$4.00
Chicken Tenderloins (2) & Salad	\$5.00

SANDWICHES – wholemeal bread

Gluten Free Bread add \$0.50 – rolls add \$1.00	
Baked Beans/Spaghetti	\$3.50
Cheese	\$3.00
Vegemite/Honey	\$2.50
Ham	\$4.00
Salad	\$4.00
Tuna	\$4.00
Bread Roll	\$1.00
Extra Cheese	\$0.70
Tomato/Lettuce/Cucumber/Beetroot (ea)	\$0.50
Add all salad	\$2.50



JAFFLES

Ham & Cheese	\$4.50
Baked Beans or Spaghetti	\$3.50
Ham, Cheese & Tomato	\$4.50
Cheese & Tomato	\$3.50
Cheese	\$3.00
GF bread available	\$0.50



WRAPS

Ham & Salad Wrap	\$5.00
Salad Wrap	\$4.00
Chicken tenderloins with Lettuce & Mayo	\$5.00

ICEBLOCKS

Quelch Fruit Sticks	\$0.60
Nippys Juice Cup (frozen)	\$0.70
Apple Blackcurrant Orange Apple	
Frozen Pineapple	\$0.50
Moosie	\$1.40
Strawberry Banana Chocolate	
Slushee	\$1.60
(Slushees are 99% Fruit, no added sugar)	
Jelly Stick (frozen)	\$0.20

SNACKS

Fresh Warm Popcorn	\$1.00
Corntos – BBQ	\$1.00
Rice Sticks – Cheese Chicken	\$1.10
Mamee Noodles - BBQ Chicken	\$1.00
Red Rock Deli Chips	\$1.50
Sea Salt Honey Soy	

EXTRAS

Spoons/Paper Bags/Forks	\$0.30
Tomato Sauce Portion	\$0.40

All Recess orders/Milkshakes/Smoothies & Noodleman are to be collected from the Canteen Window.

NO ICE BLOCKS, SLUSHEES OR CHIPS TO BE ORDERED WITH LUNCH ORDERS PLEASE.