

Gwandalan Canteen Menu

Open every day for Lunch

Order with the *Flexischools* App or with *Flexischools Online*, cut off is 9am. Alternatively hand an order into the canteen. Lunch orders handed in after 9.15am cannot be guaranteed. Please see the friendly canteen staff if you have a late order.

Sandwich & Salad Express

Salad	3.50	gfo,v,c
➤ Includes lettuce, tomato, cucumber & carrot.		
Chicken, Lettuce & Mayo	4.00	gfo,c
Chicken or Ham	4.00	gfo,c
Ham, cheese & Tomato	4.00	gfo,c
Egg & Lettuce	4.00	gfo,c
Curried Egg & Lettuce	4.00	gfo,c
Cheese	2.50	gfo,c
Cheese & Salad	4.00	gfo,c
Vegemite	2.00	gfo,c
Banana	2.00	gfo,v,c
Extras: cheese	0.50	
Salad	1.00	
Ham or Chicken	1.00	
Long roll	0.50	
Wrap	1.00	
GF Wrap (Bfree)	1.50	gf,v
Salad Box	4.00	gf,v,c
Salad Box with Egg	4.50	gf,c
Salad Box with Cheese	4.50	
Salad Box with Ham	5.00	gf,c
Salad Box with Chicken	5.00	gf,c
Caesar Salad	5.00	c
➤ Cos lettuce, ham, cheese, egg & caesar dressing.		
Chicken Caesar Salad	6.00	c
Bunny Box	3.50	gf,v,c
➤ Mixed salad fingers. Add hummus	0.50	gf,v
Extras: Egg	0.50	gf
Chicken or Ham	1.00	
Chicken Tender	1.20	each
Choose from Sweet Chilli or Plain Tender		
Free small pot of dressing available on request.		

Hot Food Favourites

See specials board & the Skoolbag app for weekly specials.

Soup of the week	2.00	gf,c
Quiche of the week	Sml 2.50 Lrg 2.50	c
Add a side salad	1.50	
Chilli Bread	0.50	v,c
Garlic Bread	0.50	v,c
Tender Boiled Egg	peeled 1.00	gf,c
Juicy Corn on the Cobb	1.00	gf,v,c
Chicken & Gravy Sub	4.00	c
Chicken Fillet Burger / Wrap	5.50	
➤ with chicken breast fillet, lettuce & mayo		c,gfo
Chicken Caesar Burger / Wrap	6.50	c,gfo
➤ with chicken breast fillet, lettuce, ham, cheese & caesar dressing		
Chicken Tender Sub / Wrap	6.00	c,gfo
➤ with lettuce & mayo choose plain or sweet chilli		
Macaroni & Cheese	4.00	c
Tuna Pasta Bake	5.00	c
Pasta Bolognese	5.00	c
Lasagne	5.00	c
Curry Chicken	5.00	gf,c
Fried Rice with chicken & veg	5.00	gf,c
Meat Pie low fat	large 4.00	
	Small 2.50	
Noodle Cup	chicken 2.50	
Sausage Roll	2.50	

Pizza Subs, made on half an 8" sub

Cheese	2.00	gfo,c
Ham & cheese	2.50	gfo,c
Hawaiian	2.50	gfo,c
BBQ Chicken	2.50	gfo,c
Made on GF Wrap add	1.50	gf,c

Volunteers Always Appreciated

Our Canteen relies on volunteers to function properly. If you or someone you know could spare an hour or so in the mornings it would be a great service to the school. It's easy work and very rewarding for both the volunteers and the children. If you don't like to serve help is needed with food preparation, as most of our menu is made fresh on the premises. Pop into the canteen or school office. Alternatively call the canteen direct on 49762054. Thank you for your support.

Bits n Pieces

Sauces	Tomato	0.30
& Dips	Bbq	0.30
	Sweet Chilli	0.30
	Mustard	0.50
	Hummus	0.50
Extra Cutlery, per piece		0.10
➤ Cutlery is provided free for meals that require it		
Paper Bag		0.20

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Need Recess?

Put in a recess order just like a lunch order.
Packs are put in class baskets for collection at lunch time.

Fruit Salad & Popcorn	1.50	gf,v,c
Fruit Salad & Pikelets x 2	2.00	c
Fruit Salad & Cereal Snack Pack	1.50	c
Mini Crunch Bag and hummus	1.50	gf,v,c
➤ Fruit salad can be swapped for whole fruit		gf,v
➤ Add a bottle of water	1.00	gf,v

Cold Drinks & Warm Milks

Icy Cold Bottled Water	1.00	gf,v
Fresh Milk, cold or warm	1.50	gf,c
Milo, cold or warm	2.00	c
99% Just Juice Popper	2.00	gf,v
➤ Apple & Blackcurrant, Orange & Mango Paradise Punch or Apple		
Oak Light Flavoured Milk	2.50	
➤ Chocolate or Strawberry		
Juice Bomb Can	2.50	gf,v
➤ Raspberry, Apple & Blackcurrant Apple Cola or Lemonade		

Wrap it up on Monday & Tuesday

Choose any wrap*,
a cold bottle of water
& fresh slinky apple.

\$5.00 gfo,vo,c

*DOES NOT INCLUDE CHICKEN TENDERS

Making Healthy Choices

Our canteen supports the NSW Healthy School
Canteen Strategy.

Please encourage healthy choices with your
child by choosing

Green foods everyday

Orange Foods occasionally.

healthyschoolcanteens.nsw.gov.au

Snacks

Fresh Fruit Whole, seasonal	1.00	gf,v
Fresh Fruit Salad Cup		
Mini 0.50 Cup 1.00 Large 3.00		gf,v,c
Cut Fruit Piece, seasonal	0.20	gf,v,c
Slinky Apple, red or green	1.00	gf,v,c
Mini Crunch Bag	1.00	gf,v,c
➤ Carrot & cucumber fingers		
Fresh Popcorn Cup	0.50	gf,v,c
Cereal Snack Pack	0.50	
99% Juice Jelly Cup	1.00	gf,c
Custard Pot	1.00	gf,c
Pancakes x 2	1.00	c
➤ Add a little butter or Jam on request.		
Chocolate Mousse	2.00	gf,c
Delicious Canteen Made Muffins	1.00	c
Red Rock Sea Salt Chips	1.50	

From the Freezer

Frozen Orange Bite	0.10	gf,v,c
Mini Shots	0.20	gf,v,c
➤ Apple & Blackcurrant or Orange		
Frozen Fruit Pieces	0.50	gf,v,c
➤ Small tubs of strawberries or pineapple		
Frozen Pineapple UFO	0.50	gf,v,c
Frozen Watermelon Slice	0.50	gf,v,c
Snap Stix	1.00	gf,v
➤ Sour Grape, Raspberry, Blueberry		
➤ Sweet Grape, Raspberry, Pineapple		
Ice Mony	1.00	gf,v
Sour Blue and Sour Red Raspberry Lemon Ice.		
Twisted Frozen Yoghurt	2.00	gf
Chocolate & Vanilla Bean or Watermelon & Mango		

Special Dietary Requirements

gf = Gluten Free v = vegetarian vo = vegetarian option
c = made and prepared in the canteen

gfo = gluten free option, made on a Bfree wrap

The canteen is happy to help in any way we can if you
have special requirements. Just pop in and see us.



Fast & Secure Ordering. Confidence. No More Lost Cash. Order anywhere for anytime

Download
The App