

SCHOOL CANTEEN

GYMEA BAY PUBLIC SCHOOL



~ BURGERS ~

Grilled Chicken (E) (H)	\$5.50
<i>Marinated chicken breast, lettuce & mayo</i>	
Veggie Rama (E)	\$5.50
<i>Veggie Pattie, lettuce, tomato & mayo</i>	
Chicken Pattie (O) (H)	\$5.50
<i>Baked Chicken Fillet Pattie, lettuce & mayo</i>	
Big McBeef (E) (H)	\$5.50
<i>Homemade beef patty, beetroot, Tomato & lettuce (Choice of sauce)</i>	
The Fish that got away (E)	\$5.50
<i>Baked fish, lettuce & tartare</i>	

~ LONG ROLLS ~

Chicken Schnitzel Roll (E) (H)	\$6.00
<i>Homemade Schnitzel, Lettuce & Mayo</i>	
Egg & Cheese Roll (E)	\$5.50
<i>Two fried eggs and melted tasty cheese</i>	
Steak Sandwich (E) (H)	\$6.00
<i>Steak marinated in Worcestershire sauce with rocket, onions & aioli</i>	

~ MEXICAN BAR ~

Beef Nachos (O) (H)	\$5.50
<i>Corn Chips, seasoned beef, lettuce, cheese, tomato, sour cream & avocado</i>	
Vegetarian Nachos (O)	\$5.50
<i>Corn Chips, seasoned beans, lettuce, cheese, tomato, sour cream & avocado</i>	
Mex Rex Health Bowl (E) (H)	\$6.00
<i>Seasoned rice, Beef, Black Beans, lettuce, cheese, tomato, sour cream & Avocado</i>	

HOME MADE PIZZA – (E) (H)

Cheese	\$5.00
Vegetarian	\$5.00
Bbq Chicken	\$5.00
Ham & Cheese	\$5.00

~HOT BAR~

Garlic Bread Roll (E)	\$3.00
Chicken Nuggets x 4 (O) (H)	\$3.20
Chicken Nuggets x 6 (O) (H)	\$4.50
Hot Dog w/Sauce (O) (H)	\$4.20
Hot Cheese Roll (E)	\$3.20
Cup Noodles (O) (H)	\$3.50
<i>(Beef or Chicken)</i>	
Wedges (O)	\$5.50
<i>Served with sweet chilli & sour cream</i>	
Spring Roll (O)	\$3.50
<i>Large Baked Vegetable Roll</i>	

**PLEASE USE FLEXI SCHOOLS
ONLINE FOR LUNCH ORDERS!**

www.flexischools.com.au

COLD DRINKS ~

Juice 250ml (E)	\$2.60
<i>Tropical, apple or apple & blackcurrant</i>	
Spring Water 600ml (E)	\$2.00

~MILK~

Oak Lite - 250ml (E)	\$2.60
<i>Chocolate or Strawberry</i>	

~ SNACKS ~

Sliced Watermelon (E)	\$2.00
Fruit (Seasonal) (E)	\$1.50
Fruit Salad (E)	\$4.00
Cheese & Rice Crackers (E)	\$2.50

**MTB are NSW Healthy School Canteen
Approved Operators**

FOOD CODING

E	Everyday / O Occasionally
GF	Gluten Free
H	Halal

~ FROZEN TREATS~

Frozen Watermelon (E)	\$2.00
Frozen Orange (E)	\$2.0
Mony (E)	\$2.00
<i>(Lemon Ice, Red Berry Blast)</i>	

MONDAY 2 FRIDAY ONLY

MONDAY

Mel's Lasagne (E) (H)	\$6.00
<i>Layers of pasta filled with homemade Bolognese sauce</i>	

WEDNESDAY

Spaghetti Bolognese (E) (H)	\$4.50 Small / \$6.00 Large
<i>Homemade Bolognese sauce tossed with spaghetti</i>	

FRIDAY

Macaroni Cheese (O)	\$5.00
<i>pasta baked with cream, cheese, parsley & herbs</i>	

TUESDAY

Chicken Noodle Stir Fry (E) (H)	\$4.50 Sml / \$6.00 Lge
<i>Chicken & vegetables with hokkien noodles soaked in an oyster sauce</i>	

THURSDAY

Butter Chicken & Rice (E) (H)	4.50 Sml / \$6.00 Lge
<i>Chicken sautéed in a butter chicken sauce & served with steamed rice</i>	

COMBO DEAL –WHEN YOU SPEND \$5.00 OR MORE



600ml **\$1.50**