

GALSTON HIGH SCHOOL CANTEEN MENU 2023

Breakfast

- | | |
|--|--------|
| ● Toast (2 pieces) with - jam | \$2.00 |
| vegemite | |
| ● Toastie (choice of fillings) | \$4.50 |
| ● Cheese wrap | \$2.00 |
| ● Ham & Cheese wrap | \$3.50 |
| ● Aussie wrap | \$5.50 |
| (Bacon, egg, hashbrown, cheese, BBQ sauce) | |
| ● Egg & Bacon roll | \$4.50 |
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| ● Fruit yoghurt (low fat) | \$2.50 |
| ● Fruit Salad | \$4.50 |
| ● Fruit Pieces | 80c |
| ● Smoothie (Mixed Berry, Mango) | \$4.50 |

BREAKFAST DEAL
With any Breakfast Roll,
Toastie or Aussie Wrap
ADD \$1.00
and choose either a juice popper or
600ml water
or Up&Go

KNOW YOUR FOOD RATING:

- 'Everyday' food choice
- 'Occasional' food choice

Sandwiches	\$5.00
Wraps or Rolls	\$6.00

(Any combination made to order)

- Salad (with or without cheese)
- Cheese & Tomato
- Egg/Lettuce/Mayo
- Breast Chicken/Lettuce Mayo
- Breast Chicken/Tomato/Cheese/Peri Peri sauce
- Leg ham/Cheese/Tomato
- Chicken, Avocado/Cheese
- Breast Chicken Caesar

Salad Boxes \$6.00

- Garden
- Ham
- Chicken
- Caesar (with or without chicken)
- Greek
- Egg
- Roast Pumpkin

Toasted Focaccia/Melts \$6.50

- Chicken - Sweet chilli
- Aioli, Avocado
- Parmigiana
- Caesar
- BBQ sauce & Cheese
- Roasted Vegetable with vege chutney & Cheese

Sushi Rolls \$3.50

- Teriyaki Chicken
- Salmon & Cucumber
- Tuna & Cucumber
- Teriyaki Beef

Burgers \$5.50

- Chicken
- Beef
- Vege

Pastries

- | | | |
|-------------------------|-------|--------|
| ● Beef or Chicken Pie | | \$4.50 |
| ● Sausage Roll | | \$4.00 |
| ● Cheese & Spinach Roll | | \$4.80 |

Manager's Choice Daily Specials .. \$6.00

(2 options available daily)

- **Chicken Schnitzel Roll**
- **Curry Beef/Chicken on Rice**
- **Butter chicken on Rice**
- **Marinated Chicken Pieces on Fried Rice or Mash.**
(Honey Soy, Mediterranean, Lemon, Smoked BBQ)
- **Pasta Bake**
- **Vege Pasta**
- **Spaghetti & Meatballs**
- **Pasta Bolognaise**
- **Chicken Pasta**
- **Chicken Kebab**
- **Teriyaki Chicken & Veges on Rice**
- **Hokkein Noodles, Chicken & Veges**
- **Oven Baked Fish & Wedges**
- **Vege Lasagna**
- **Beef Lasagna**

Breakfast Smoothies

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RECESS / LUNCH ORDERS WELCOME

Phone OR over the counter
before 9am

PHONE: 9651 1394

Daily specials on the Menu Board



KNOW YOUR FOOD RATING:

- 'Everyday' food choice
- 'Occasional' food choice

Beverages

● Juice Popper	\$2.00
● Cans (375ml sugar free)	\$2.50
● Water (600ml)	\$2.50
● Plain Milk (600ml)	\$2.00
● Flavoured milk - small	\$2.50
● Flavoured milk - large	\$4.00
● Hot Chocolate	\$2.00
● Up & Go	\$3.00
● Aloe Vera	\$4.50
● Iced Tea (Chill)	\$4.50
● Kombucha (sugar free)	\$4.50



**ALL
SPECIAL DIETARY
REQUIREMENTS ARE
CATERED FOR**

Vegetarian Choices

Vege Burger (Patty or Roasted veges)

Vege Pasta

Cheese and Spinach Roll

Sandwiches, Rolls, Wraps, Focaccias, Salads

Yoghurt

Fruit

**Most Manager's Daily Specials can
be vegetarian if ordered before 9am**



\$5 minimum



ATRIUM CATERING SERVICE
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