## GALSTON HIGH SCHOOL CANTEEN MENU 2025

#### Breakfast ● Toast (2 pieces) with - jam . . . . . . . . . . . . . . . \$2.00 vegemite Cheese wrap . . . . . . . . . . . . . . . . . . \$2.50 . . . . . . . . . . . . . . . . . . . \$3.50 Ham & Cheese wrap . . . . . . . . . . . . . . . . . . \$6.50 Aussie wrap (Bacon, egg, hashbrown,cheese, BBQ sauce) Egg & Bacon roll . . . . . . . . . . . . . . . . . . \$4.50 Ham & Cheese croissant ......\$5.50 Baked Hashbrown • Fruit yoghurt (low fat) .....\$4.00 Fruit Salad Fruit Pieces .....80c



#### KNOW YOUR FOOD RATING:

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

Sandwiches	\$5.00
Wraps or Roll	S\$6.90
(Any combination	made to order)
<ul><li>Salad (with or v</li></ul>	vithout cheese)
<ul><li>Cheese &amp; Toma</li></ul>	to
<ul><li>Egg/Lettuce/Ma</li></ul>	yo
<ul><li>Breast Chicken,</li></ul>	/Lettuce Mayo
<ul><li>Breast Chicken,</li></ul>	/Tomato/Cheese/Peri Peri sauce
<ul><li>Leg ham/Chees</li></ul>	e/Tomato
<ul><li>Chicken, Avoca</li></ul>	do/Cheese
Salad Boxes	\$6.90
<ul><li>Garden</li></ul>	<ul><li>Ham</li></ul>
<ul><li>Chicken</li></ul>	<ul><li>Caesar (with or w/out chicken)</li></ul>

# Toasted Focaccia/Melts ..........\$6.80 Chicken - Aioli, Avocado Parmigiana

Roasted Vegetable with vege chutney & Cheese

#### Occasional Menu Variations

See menu board

Chicken/ Potato

• Assorted Sushi Rolls\$4.00
Beef or Chicken Kebabs\$8.00
Chicken Schnitzel Sub
<ul> <li>Tempura Fish Cocktails &amp; oven baked wedges .\$6.90</li> </ul>
Reef Tacos \$6.50

#### **Burgers**

- Chicken
- Beef
- Vege
- Falafel
- Beef/ Double Cheese

#### Pastries (Low fat)

<ul><li>Beef or Chicken Pie</li></ul>										\$4.80
<ul><li>Sausage Roll</li></ul>										\$4.80
Cheese & Spinach Roll				_						\$4.80

#### Manager's Choice Daily Specials .. \$6.50

(2 options available daily)

- 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 Bolognese
- Chicken Pasta
- Teriyaki Chicken & Veges on Rice
- Hokkein Noodles, Chicken & Veges
- Vege Lasagna
- Beef Lasagna



# **GALSTON HIGH SCHOOL CANTEEN MENU 2025**

### **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**

<ul><li>Juice Popper</li></ul>										\$2.50
<ul><li>Cans (375ml sugar free)</li></ul>										\$2.80
<ul><li>Water (600ml)</li></ul>										\$2.50
<ul><li>Plain Milk (600ml)</li></ul>										\$2.50
<ul><li>Flavoured milk - small</li></ul>										\$2.80
<ul><li>Flavoured milk - large</li></ul>										\$4.80
<ul><li>Hot Chocolate</li></ul>										\$2.50
● Up & Go										\$3.00
<ul><li>Aloe Vera</li></ul>										\$4.80
<ul><li>Iced Tea (Chill)</li></ul>										\$4.80





## **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





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