

SAMUEL GILBERT PUBLIC SCHOOL CANTEEN SUMMER PRICE LIST (October 2023)



Online ordering closes at 9.00am via www.munchmonitor.com

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[Visit <https://www.sgpspc.org.au/canteen> for more information about the canteen and MunchMonitor.]

All enquiries should be directed to the Canteen on 9680 4477.

Sandwiches and Rolls

Sandwiches are on wholemeal unless otherwise specified. White and Multigrain are also available. Rolls are white only.

	Sandwiches	Rolls
● Plain		\$1.00
● Buttered	\$1.00	\$1.50
● Honey	\$1.50	\$2.00
● Jam	\$1.50	\$2.00
● Vegemite	\$1.50	\$2.00
● Baked beans	\$2.00	\$2.50
● Cheese	\$2.00	\$2.50
● Ham	\$2.00	\$2.50
● Diced chicken breast	\$3.00	\$3.50
● Salad (V)—lettuce, tomato, carrot, cucumber, beetroot	\$3.50	\$4.00

Fruit & Salads

● Apple slinky	\$1.00
● Mini salad pack (V) (GF)—lettuce, tomato, cucumber (no variations)	\$3.00
● Large salad pack (V) (GF)—lettuce, tomato, carrot, cucumber, beetroot	\$4.00

Extras for Sandwiches, Rolls & Salads

Fork, Spoon, Paper lunch bag	\$0.10
Toasting—canteen made sandwich only	\$0.30
● 1-of lettuce, tomato, cucumber, carrot or beetroot	\$0.50
● 1-of cheese or ham	\$1.00
● 1-of chicken	\$1.50

Wraps

	Half	Full
● Gundaroo—cheese	\$2.00	\$3.00
● Allunga—mayo, cheese, tomato, lettuce	\$3.00	\$4.00
● Gilbert—ham, cheese	\$3.00	\$4.00
● Koonaka—mayo, ham, tomato, lettuce	\$3.00	\$4.00
● Timburra—mayo, chicken, lettuce	\$4.00	\$5.00

"Build Your Own Wrap"

Base wrap \$1.50. Use base price + filling/s of your choice from:

● 1-of lettuce, tomato, cucumber, carrot or beetroot	\$0.50
● 1-of cheese or ham	\$1.00
● 1-of chicken	\$1.50

Sushi—Online Only

● Avocado + Cucumber Maki Roll	\$4.00
● Chicken Schnitzel + Cucumber Maki Roll	\$4.00
● Tuna + Avocado Maki Roll	\$4.00
● Tuna + Cucumber Maki Roll	\$4.00

Snacks

● Bread stick	\$0.20
● Jelly Cup—assorted flavour	\$0.50
● Popcorn—mini bag	\$0.20
● Popcorn—half bag	\$0.50
● Popcorn—full bag	\$1.00
● Mammee chicken noodle snacks	\$1.00
● Red Rock Deli sea salt chips	\$1.50
● Grain Waves sour cream & chives	\$1.50

Hot Food—Available Monday to Friday

● Baked potato with baked beans (V)	\$3.00
● Baked potato with cheese (V) (GF)	\$3.00
● Beef Lasagne Gluten Free	\$6.00
● Bolognese pasta bake	\$6.00
● Butter chicken with rice	\$6.00
● Corn cobette (V) (GF)	\$1.50
● Fried rice with chicken	\$6.00
● Hot cheese roll (V)	\$2.50
● Hot cheese + ham roll	\$3.00
● Macaroni & cheese	\$6.00
● Chicken nuggets (DF)—3 pack	\$2.00
● Chicken nuggets (DF)—6 pack	\$4.00
● Hot dog with tomato sauce	\$2.50
● Hot dog American (with tomato sauce + cheese)	\$3.00
(Please specify if no sauce is required for hotdogs.)	
● Snack meat pie (90g)	\$2.80
● Noodle cup—beef	\$3.00
● Noodle cup—chicken	\$3.00
● Sausage roll (120g)	\$3.50
● Fish burger—fish fingers, lettuce, mayo	\$4.00
Tomato sauce or barbecue sauce portion	\$0.40

Hot Food—NOT available Fridays

If ordered on a Friday, your child will receive a vegemite sandwich.

● Cheeseburger—beef patty, cheese, tomato sauce	\$4.50
● Chicken burger—grilled chicken, lettuce, mayo	\$5.00
● Pizza sub margherita (V)—pizza sauce, cheese	\$2.50
● Pizza sub hawaiian—cheese, ham, pineapple	\$3.00

Daily Deals—Online Only

No Over-Counter Ordering Due to Limited Quantities

● Everyday —5" Garlic Bread	\$2.00
● Monday —Stone Baked Ham & Pineapple Pizza	\$5.00
● Tuesday —4 Pork Dumplings with Soy Sauce	\$3.50
● Wednesday —Stone Baked Margherita Pizza	\$5.00
● Thursday —4 Pork Dumplings with Soy Sauce	\$3.50
● Friday —Stone Baked Meat Lovers Pizza	\$5.00

Drinks

● Spring water—small	\$1.00
● Spring water—large	\$2.00
● Plain milk 300ml	\$1.50
● Flavoured milk 300ml—chocolate, strawberry	\$2.50
● Nudie juice—apple, tropical	\$2.50
● Glee juice—blackcurrant, grape, raspberry, tropical, watermelon sour	\$2.50
● Up & Go 250ml—chocolate, strawberry	\$3.00

Frozen Items #Not available recess

● Frozen fruit (DF) (GF)—seasonal	\$0.50
● Quelch sticks (DF) (GF)—assorted	\$0.50
● NEW! Snap-Stix Ice Pops (DF) (GF)—assorted (99% juice, no added flavours or colours)	\$1.00
● #Frozen juice cups (DF) (GF)—apple blackcurrant, apple, pineapple	\$1.00
● Juicies (GF)—apple blackcurrant, lemonade, tropical	\$1.00
● #Ice Mony TNTs—assorted	\$1.50
● #Blizzard slushie—assorted	\$2.00
● Chocolate moosie	\$1.50

GF = Gluten Free

DF = Dairy Free

V = Vegetarian

● = Everyday Item

● = Occasional Item