

Primary School Menu

Lunch order price list as of Semester 1 2009, GST included.

Lunches provided by Gourmet Delish, Shop 2, 96 The Glen Shopping Centre.

Phone: 9802 4280

www.gourmetdelish.com.au

Sandwiches: (Rolls \$0.50 Extra)

White, Wholemeal or Multigrain Bread.
(If not specified the healthier option will be provided).

Vegemite or Honey	\$1.50
Cheese	\$2.20
Cheese & Salad	\$3.50
Plain Salad	\$3.00
Ham	\$3.00
Ham & Cheese	\$3.25
Ham, Cheese & Salad	\$4.50
Egg	\$2.50
Egg & Salad	\$3.50
Fresh Chicken	\$3.50
Fresh Chicken & Salad	\$4.75
Chicken & Avocado	\$4.25
Chicken, Cheese & Avocado	\$4.75
Tuna	\$3.00
Tuna & Salad	\$4.50
Turkey & Cranberry	\$4.50
Turkey & Salad	\$5.00

(Toasted Sandwiches no extra cost)

Pita Bread Wraps:

Ham & Salad Wraps	\$3.70
Chicken & Salad Wraps	\$3.70
Salad Wraps	\$3.70
Cheese & Salad Wrap	\$3.70
Tuna & Salad Wrap	\$3.70
Turkey & Cranberry With Salad	\$5.00

Toasted Focacias

Chicken, Avocado & Cheese	\$5.00
Tandoori Focacia	\$5.00
Roasted Vegetable Focacia	\$5.00

Thirst Quencher:

300ml Plain Milk	\$1.70
250ml Big M (Chocolate or Strawberry)	\$2.00
Mt Franklin Water	\$2.00
250ml Fruit Juice Bottles (Orange, Apple, Tropical & Tomato)	\$2.20

Hot Food:(Tomato Sauce \$0.25)

Corn on the Cob (each)	\$1.00
Honey Soy Chicken	
Drumsticks (each)	\$2.20
Zucchini Slice	\$3.50
Pumpkin and Spinach	
Frittata	\$3.50
Lean Beef Burger (with Lettuce and Tomato)	\$3.50

Treats:

Whole Fresh Fruit (Apple & Orange)	\$1.50
Fresh Fruit Salad	\$2.50
Carrot, Celery & Cucumber Sticks with Dip	\$2.00
98% Fat Free Yogurt (Vanilla, Blackberry, Mango, Passion Fruit & Muesli)	\$2.70
Jelly Cups	\$1.50

Daily Lunch Specials

Monday: Baked Potato with sour cream & Chives (With Bacon 0.60c Extra)	\$3.00
Tuesday: Shepherds Pie	\$3.50
Wednesday: Beef Lasagna	\$3.80
Thursday: Spaghetti Bolognaise	\$3.80
Friday: Baked Macaroni Cheese (With Bacon 0.60c Extra)	\$3.20

Ordering Instructions

- Please write child's name and class and the required order in a sealed envelope with the total amount for the order. This should be put in the lunch order box at school by 9.30am.
- If the child is running late parents can make a phone orders on 9802 4280 prior to 10am with a credit card.