



GALILEE PRIMARY SCHOOL LUNCH LIST - 2019

EVERYDAY
FOODS

SELECT
CAREFULLY

OCCASIONAL
FOODS

SANDWICHES / ROLLS - WHITE OR W/MEAL

No spreads unless requested. Rolls & pita wraps extra 50c
(Gluten free pita & gluten free bread available)

- Cheese \$3.20
- Egg \$3.20
- Meat (ham / turkey / roasted chicken / tuna) \$4.50
- Schnitzel \$5.50
- Avocado \$3.50
- Vegemite / honey / jam \$3.00
- Salad \$4.50

Add 60c for the following items: lettuce, tomato, mayo
cheese, cucumber, carrot. Add \$1.00 for avocado, Add \$1.80 for salad

HOT FROM THE OVEN

- Mexican nachos - with sour cream (gluten free) \$7.00
- Hot dog - skinless + w/meal roll (WED) \$3.50
- Beef burger - lettuce + tomato + pineapple +
mayo or tomato sauce (WED) \$6.30
- Baked crumb chicken burger - lettuce + tomato
(FRI) \$5.50
- Honey soy chicken + rice \$5.50
- Homemade minestrone soup (term 2 / 3 only) \$3.00
- Gluten free lasagne \$5.00
- Lite meat pie (WED) \$4.00
- Sausage roll (WED) \$3.80
- Lasagne / spaghetti / swirls / mac & cheese \$5.00
- Good Food Hero - beef korma / butter chicken
+ rice \$5.30
- Vegetarian rice \$4.80
- Chicken fried rice \$4.80
- Steamed rice \$3.00
- Party pie / party sausage roll (MON/FRI) \$1.80
- Pizza - hawaiian / margarita (WED) \$4.00
- Toasted sandwich - ham + cheese / tomato + cheese \$5.00
- Sweet chilli chicken wrap - lettuce + tomato \$5.50
- Steamed dim sim (FRI) \$1.20

Add 30c for tomato sauce / soy sauce

SUPER SALAD BAR

- Greek style salad with feta \$5.00
- Supremo salad box - falafel balls + chickpeas +
sweet corn + refreshing tomatoes +
carrots with hummus \$6.00
- Mex bowl - rice + corn + black beans +
cucumber + carrot \$5.00

NIBBLE PACKS

- Munch magic - crackers + 1 dip carrot +
celery sticks + strawberries \$4.50
- Rainbow magic- grapes, strawberry, carrots,
cucumber & dip \$4.50

MOUTH WATERING FRUIT

- Apple / banana / orange / pear / kiwi \$1.50
- Fresh fruit combo cup (mixed seasonal fruit) \$4.50

HOT PACKS

- Chicken delight - 4 oven baked nuggets served
with carrots + corn cob \$5.00
- Delish Fish - lightly crumbed baked fish fillet garden salad \$5.50
- Taco salad - soft chicken taco with garden salad \$5.50

SNACKS

- Sultanas \$1.00
- Carrot / celery sticks \$1.50
- Classic popcorn (sea salt) \$2.00
- Banana bread \$2.50
- Whole Kids corn chips low salt \$2.50
- Organic Whole Kids apple cookie \$1.80
- Choc chip cookie \$2.00
- Hot apple + cinnamon finger \$2.80
- Muffin - blueberry / choc chip \$3.20

COLD SNACKS

- Jelly cups - orange / raspberry / blackcurrant \$1.80
- Fruit Sorbet - lemon / orange + mango / pomegranate \$3.80
- Sorbet - coconut \$4.20
- Frozen fruit sticks / Zing sour tube \$1.00
- Yoghurt cup - plain \$2.00
- Sushi Rolls - veggie / tuna \$3.00
- Sushi Rolls - salmon / chicken / california \$3.20

DRINKS

- Milk - plain \$1.20
- Nippys - 250ml choc, strawberry, honeycomb
- 375ml banana \$2.00
\$2.50
- Up & Go - choc / strawberry / banana \$2.50
- Bottled water \$2.00
- Popper Juice - apple / orange / tropical
apple + blackcurrant \$1.60
- Sparkling Mineral Water - strawberry / lemon / grape /
mango / watermelon \$2.60
- Chilled iced tea - lemon / peach \$2.50
- Coconut water - original / watermelon + strawberry \$2.20

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