

# Summer Menu

Effective as at 12 October 2022

All orders must be placed by 9.00am

Keep an eye out for weekly specials on the board outside the canteen and on the school Facebook page. Dietary requirements can be considered, have a chat with Bev.

White Gum Valley Primary School follows the Healthy Food & Drink Policy and Traffic Light System.

Green items are every day choices and Amber items should be consumed in moderation. • Green Light • Amber Light

GFO Gluten Free Option GF Gluten Free V Vegetarian. Tomato sauce, soy sauce and GF soy sauce available at the canteen.

## Recess BROWN BAG

- Cheesie GFO, V \$2.00
- Popcorn (small bag) GF, V \$0.50
- Apple Slinky GF, V \$1.00
- Yoghurt with fruit GF, V \$1.50
- Fruit kebab GF, V \$1.50
- Chocolate Muffin GF, V \$2.00

## Drinks

- Fruit Smoothie GF, V \$2.50
- Hi-Lo Milk GF, V \$1.50
- Cold Milo V \$1.50
- Fruit Juice GF, V \$1.50

## Lunch WHITE BAG

- Nachos with baked beans, sour cream, salsa and cheese GF, V \$5.00
- Toasted Baked Bean Jaffle with cheese GFO, V \$4.00  
GFO, V \$4.50
- Wraps or Sandwiches (sandwiches prepared fresh with wholemeal bread)
  - One filling GFO \$3.50
  - Two fillings GFO \$4.00
  - Three fillings GFO \$4.50Choose from: baked beans, sour cream, ham, cheese, tomato, chicken, tuna, salad, egg, Vegemite. Please let us know if you would like it toasted.
- Vegetarian Pizza Whole GFO, V \$5.00  
Half GFO, V \$3.00
- Ham and Cheese Pizza Whole GFO \$5.00  
Half GFO \$3.00
- Chicken Sushi (6 pieces) \$6.00
- Tuna Sushi (6 pieces) GF \$6.00
- Vegetarian Sushi (6 pieces) V \$6.00
- Meat Pie \$5.00
- Homemade Sausage Roll GFO \$3.50
- Homemade Spinach & Ricotta Roll GFO, V \$3.50

## Lunchtime treats

- Popcorn (small bag) GF, V \$0.50
- Apple Slinky GF, V \$1.00
- Fruit and Yoghurt Pops GF, V \$1.50
- Yoghurt with fruit GF, V \$1.50
- Fruit kebab GF, V \$1.50
- Ice Cream GF, V \$2.00
- Quelch Icy Pole
  - Half GF, V \$0.50
  - Whole GF, V \$1.00



**WHITE GUM VALLEY**  
PRIMARY SCHOOL