

Zest



GARDENVALE PRIMARY SCHOOL LUNCH MENU 2023 – From Term 1

Tel: 9596 9666

59 LANDCOX STREET, BRIGHTON EAST VIC 3186

HOT ITEMS (+ tomato sauce – 50c)			HELGAS SANDWICHES / WRAPS White or wholemeal bread **Gluten free toast and wraps also available**	
V, **	Macaroni and cheese **Gluten Free Option available on request**	\$5.50	V	Vegemite / jam \$4.00
	Party pies	\$2.00	V	Cheese and tomato \$5.00
	Party sausage rolls	\$2.00		Ham / cheese and tomato \$5.00
**	Pasta spirals with beef **Gluten Free Option available on request**	\$5.50		Chicken, cheese and lettuce \$5.00
	Grilled chicken on rice	\$5.50	V	Cheese sandwich \$4.00
V	Zest Margarita Pizza	\$5.00		

FRESH SALAD			FRUIT SALAD	
V	Cherry tomato, lettuce, avocado, cucumber, and dressing.	\$5.00		Watermelon, orange, apple, rockmelon \$5.00
	Add Chicken or Tuna	\$5.50		

DAILY SPECIALS				
V	Monday	Vegetable fried rice (carrot, peas, corn)		\$5.50
	Tuesday	Bagel sandwich with cream cheese and smoked salmon		\$4.50
	Wednesday	***No Specials***		
	Thursday	Dumplings, vegetarian or Prawn – 3 serves		\$5.50
	Friday	Sushi Day, vegetarian, tuna and lettuce, chicken teriyaki		\$3.30

TREATS				
	Choc Chip Cookie	\$2.80	Smartie Cookie	\$2.80
	Honey Joy	\$2.00		
	Vege Chips	\$2.00		

Drinks				
	Golden Circle juices	Apple, orange, blackcurrant		\$2.50
	Nippy Drinks	Chocolate, strawberry, banana		\$3.80
	Coconut water			\$3.50
	Iced Tea			\$4.20

V – Vegetarian

****GF – Gluten Free available on request**

****may contain traces of nuts****

Soya Sauce is not supplied with sushi it is now available at the school.