

GARDENVALE PRIMARY SCHOOL LUNCH MENU 2019 – From Term 1

Tel: 9596 9666

59 LANDCOX STREET, BRIGHTON EAST VIC 3186

HOT ITEMS (+ tomato sauce – 20c)			HELGAS SANDWICHES / WRAPS White or wholemeal bread **Gluten free toast and wraps also available**	
V, **	Macaroni and cheese **Gluten Free Option available on request**	\$4.20	V Vegemite / jam	\$3.00
	Party pies	\$1.40	V Cheese and tomato	\$3.70
	Party sausage rolls	\$1.40	Ham / cheese and tomato	\$4.00
**	Pasta spirals with beef **Gluten Free Option available on request**	\$4.20	Chicken, cheese and lettuce	\$4.00
	Grilled chicken on rice	\$4.20	V Cheese sandwich	\$3.00
V	Zest Margarita Pizza	\$4.00		

FRESH SALAD			FRUIT SALAD	
V	Cherry tomato, lettuce, avocado, cucumber, and dressing.	\$3.70	Watermelon, orange, apple, rockmelon	\$4.00
	Add Chicken or Tuna	\$4.20		

DAILY SPECIALS				
V	Monday	Vegetable fried rice (carrot, peas, corn)		\$4.20
	Tuesday	Bagel sandwich with cream cheese and smoked salmon		\$4.20
	Wednesday	***No Specials****		
	Thursday	Dumplings, vegetarian or Prawn – 3 serves		\$4.20
	Friday	Sushi Day, vegetarian, tuna and lettuce, chicken teriyaki		\$2.80

TREATS				
	Choc Chip Cookie	\$2.60	Smartie Cookie	\$2.60
	Honey Joy	\$1.80	Oat Coconut Biscuit **	\$2.60
	Vege Chips	\$2.00		

Drinks			
	Golden Circle juices	Apple, orange, blackcurrant	\$2.00
	Nippy Drinks	Chocolate, strawberry, banana	\$3.00
	Coconut water		\$2.50

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.