



CANTEEN DAYS:

Junior School – Friday
Middle School – Monday, Wednesday, Friday
Senior School – Tuesday, Thursday, Friday

All canteen lunch orders to be placed online please.

GREEN FOODS ARE GREAT FOODS

HOT FOODS		SANDWICHES & ROLLS		Sandwiches	Roll
Corn Cob	\$1.00	Vegemite		\$2.00	\$3.00
Vegetarian Lasagna (300g)	\$5.50	Cheese		\$2.00	\$3.00
Vegetarian Lasagna (200g)	\$4.50	Ham		\$3.00	\$4.00
Fried Rice (250g) (GF)	\$4.50	Egg & Lettuce or Tuna		\$3.00	\$4.00
Sushi (Friday Only)	\$3.00	Roast Chicken		\$3.00	\$4.00
Tuna, Vegie, (GF)		Salad		\$3.50	\$4.50
Chicken/Avocado, Californian Roll		Chicken & Salad		\$4.00	\$5.00
		Ham & Salad		\$4.00	\$5.00
SNACKS		Multi grain bread used unless other bread type requested			
Fresh Fruit - apple or banana	\$1.00 ea	WRAPS			
Carrot Stick bundle	\$0.50 ea	Sweet Chilli & Chicken Salad		\$4.50	
Yoghurt low fat FRESH (GF)	\$2.00	SALADS IN TUB			
Fruit Salad in Tub (in season) Small	\$2.50	Salad (GF)		\$4.00	\$5.00
Large	\$3.50	Salad with Chicken (GF)		\$4.50	\$5.50
DRINKS		Salad with Ham		\$4.50	\$5.50
Kombucha	\$3.50 (250ml)	Salad with Tuna		\$4.50	\$5.50
Water	\$2.00 (600ml)				
Oak Milk—Chocolate, Strawberry	\$2.50 (300ml)				

AMBER FOODS ARE OK BUT NOT EVERYDAY

HOT FOODS		DRINKS	
Chicken or Fish Burger (w/mayo & lettuce)	\$4.50	Just Juice Fruit box	\$1.50 (250ml)
Chicken/Fish (w/mayo & salad)	\$5.00	GLEE—Fruit Juice Can	\$3.00 (275ml)
Meat Lasagna (200g)	\$4.50	Fruit Juice Bottle (apple or orange)	\$3.00 (350ml)
Spaghetti Bolognaise (200g)	\$4.50	Ice Tea	\$4.00 (500 ml)
Spaghetti Bolognaise (200g) GF	\$5.00	SNACKS	
Macaroni Cheese (200g)	\$4.50	Dried apricots	\$0.10 ea
Party Pies	\$1.80 ea	Dried apples	\$0.20 ea
Dim Sims (South Melbourne Market Style)	\$1.50 ea	Jelly Cup with grapes	\$1.00
Vegie Sausage Roll	\$4.50	Popcorn or Grain Waves	\$1.50
Vegie Burger (w/mayo & lettuce)	\$5.00	Vegie Snacks GF	\$1.50
Vegie Burger & Salad	\$5.50	Red Rock Deli Chips	\$1.50
Ham and Pineapple Pizza	\$3.20	Coffee or Apple Scroll	\$3.50
Hot Dog & sauce	\$4.00	Muffin <i>Choc chip, Apple & Cinnamon</i>	\$3.00
Vegetable Samosa	\$0.50 ea	Choc chip cookies	\$1.00 ea
Shepherds Pie (200g) GF	\$4.50	Buttered Roll	\$1.50
Shepherds Pie (300g) GF	\$5.50	Icy Poles (<i>buy from canteen window</i>)	\$1.00 - \$1.50
• Meat Pie	\$5.00	• NEW ITEMS TO MENU	
• Vegan Pie	\$5.00	• GF – Gluten Free	
• Sausage Roll	\$3.50		
• Pastizzi (Spinach & Ricotta)	\$1.00		

If parents [and/or family members] are available to assist in the canteen it would be greatly appreciated.
Contact Mrs. Heather Smith on 0425 834 856 [or email h.smith@cgg.vic.edu.au](mailto:h.smith@cgg.vic.edu.au) for further details.