

Gumdale SS Menu

SANDWICHES

All sandwiches are made with one slice of white & one slice of wholemeal bread. GF bread available **

Ham	\$3.00
& Cheese	\$3.50
Chicken	\$3.00
& Cheese	\$3.50
Tuna	\$3.50
& Cheese	\$4.00
Vegemite or Jam	\$2.00
Cheese	\$2.50
& Tomato	\$2.80
Egg & Lettuce	\$3.00
Salad Sandwich	\$3.50
& Ham	\$0.50
& Chicken	\$0.50
& Cheese	\$0.50
& Beetroot.....	\$0.30
Salad Wrap.....	\$4.00
WITH: Meat or Cheese.....	\$0.50
Caesar salad wrap.....	\$4.00
WITH: Chicken.....	\$0.50
Egg.....	\$0.50
GLUTEN FREE ** BREAD.....	\$0.60

TOASTED SANDWICHES

Vegemite or Jam	\$2.20
Ham	\$3.20
& Cheese	\$3.70
Chicken	\$3.20
& Cheese	\$3.70
Tuna	\$3.70
& Cheese	\$4.20
Cheese	\$2.70
& Tomato	\$3.00

HOT FOOD

CLM Burger	\$5.00
<i>Fresh roll with Chicken patty, Lettuce and mayonnaise</i>	
Beef Burger	\$5.00
<i>Fresh roll with hamburger patty topped with lettuce, tomato and your choice of sauce</i>	
Cheese Burger	\$4.50
<i>Fresh roll with hamburger patty topped with cheese and your choice of sauce</i>	
Vege Burger	\$4.50
<i>Fresh roll with Lentil Patty topped with tomato, lettuce and mayonnaise</i>	
Meatball Sub.....	\$4.00
<i>Homemade meatballs in a tomato sauce on a fresh roll (add cheese \$0.50)</i>	
Macaroni Cheese	\$3.50
<i>A creamy delicious mac and cheese made on the premises</i>	
Nachos	\$3.50
<i>Natural chips, tomato salsa and topped with cheese</i>	
Add Mexican Beef for \$1.00	
Spaghetti Bolognese	\$4.00
<i>Pasta topped with a homemade bolognese beef sauce</i>	
Butter Chicken	\$4.00
<i>Butter Chicken on a bed of rice made on the premises</i>	
Beef Traveller Pie 160gm.....	\$3.50
Party Pie 43gm.....	\$1.30
Hot Dogs	\$3.00
<i>Using Hans 97% fat-free sausages..... cheese/sauce \$0.50</i>	

HOT FOOD CONTINUED.....

Pizza	\$3.50
<i>Cheese & Bacon or Ham & Pineapple</i>	
Garlic Bread.....	\$2.00
Yummy Drummy	\$1.50
Corn on the cob	\$1.00
<i>Golden, sweet & juicy hot corn on the cob</i>	

SALAD

Mini salad.....	\$3.50
<i>Served in container with lettuce, tomato, cucumber and carrot</i>	
WITH:	
Cheese	\$0.50
Chicken/Ham	\$0.50
Beetroot.....	\$0.30
Tuna.....	\$1.00
Caesar Salad.....	\$3.50
<i>Served in container with lettuce, bacon, parmesan, croutons and caesar dressing</i>	
w/chicken	\$0.50
w/egg	\$0.50

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SNACKS

Snack items can be ordered as part of your lunch or purchased over the counter at break times

Cheesymite pillows\$1.20
Vegemite and Cheese wrapped in a puff pastry pillow

Pizza Pinwheels\$1.20
Pizza sauce, Ham & Cheese in a small puff pastry pillow

Apple slinky\$1.50

Carrot sticks\$0.50
& Cheesy dip \$0.40

3C's Pack (crackers, cheese & carrot)\$2.00
& Cheesy dip \$0.40

Watermelon wedge\$1.00

Fruit Salad Cup\$2.00
w/yoghurt or custard \$0.50

Fruit Salad Tub (large)\$3.00
w/yoghurt or custard \$0.50

Orange cut into wedges\$1.50

Boiled egg\$1.50

Popcorn cup\$0.50

Custard cup\$1.50

Yoghurt cup\$1.50

Muesli & Yoghurt cup\$2.00

SNACKS CONTINUED...

Raisin Toast (2 slices) \$2.00

Anzac biscuit \$1.00

Gingerbread Student \$2.00
Sea Salt or Honey Soy flavour

DRINKS

Breaka UHT milk popper 250ml \$2.20
Chocolate, Strawberry or Vanilla Malt

Plain Fresh Milk \$1.50

Juice Popper 100% Golden Circle 250ml \$1.50
Apple & Blackcurrant, Orange or Tropical

Water 600ml \$1.50

FROZEN TREATS

Slushy\$2.00

Frozen Yoghurt\$2.50
Chocolate Strawberry or Mango flavour

Fruit 'n' Juice Block\$1.00

Home Ice Cream Water Ice Block\$1.00

Home Ice Cream Chocolate Ice Cream..... \$1.00

CONDIMENTS

Sauce squeeze-on\$0.30
Tomato or BBQ

Grated Cheese\$0.50

****** Whilst all due care is taken when preparing gluten free ingredients, the tuckshop is not a gluten free environment.

Gumdale SS Menu

GLUTEN FREE MENU

Snack items can be ordered as part
of your lunch or purchased over
the counter at break times

Banana Loaf 	\$3.20
Triple Choc Biscuit 	\$2.80
Chocolate Slice 	\$3.20
Gingerbread Student 	\$2.80
Fried Rice 	\$4.50
Lasagne 	\$5.00

Gumdale SS Menu

SUSHI WEDNESDAY

Small \$3.00 Large \$5.00 soy sauce 10c

* Salad Sushi Roll w/mayo

* Advocado Sushi Roll w/mayo

* Teriyaki Chicken and Advocado Sushi Roll

(Rice, chicken breast, avocado, teriyaki sauce, sushi vinegar, nori sheet)

* Teriyaki Chicken Sushi Roll w/mayo

(Rice, chicken breast, teriyaki sauce, sushi vinegar, nori sheet)

* Tuna Sushi Roll w/mayo

* Tuna and Advocado Sushi Roll w/mayo

(Rice, avocado, tuna, water, salt, mayo, sushi vinegar, nori sheet)

All mayo is GF

Must be ordered by 9pm Tues

On www.flexischools.com.au