



# Gumnut Canteen

Items meet the Canteen Association traffic light healthy eating system  
 Items are made on our school canteen premises to Canteen Association  
 traffic light system guidelines and recipes using fresh ingredients  
 Bread and rolls are supplied by Bakers Delight in  
 Kalamunda

ORDER ONLINE VIA <https://quickcliq.com.au/>  
 (Canteen Operates on FRIDAY ONLY)

**No Recess Orders for Kindy or Pre-primary Students – Lunch only.**

<b><u>Lunch Menu</u></b>				
<b><u>Hot Food</u></b>			<b><u>Cold Food</u></b>	
Pie - Cruiser	3.50	Salad Box (Includes lettuce/tomato/cucumber/carrot)	3.00	
Sausage Rolls	2.75	Extras:	<b>+ (Add)</b>	
Snack Party Pies	1.40	Ham	2.00	
Chicken Nuggets (5 in Bag)	3.00	Chicken	2.00	
BBQ Sausage Hot Dog (without sauce)	3.00	Tuna ( <i>in springwater</i> )	2.00	
BBQ Sausage Hot Dog (with sauce)	3.50	Egg	0.50	
Hamburgers (Salad & Sauce)	5.00	Beetroot	0.30	
Cheeseburger (Salad/Cheese/Sauce)	5.50	Cheese	0.50	
Chicken Burger (Salad & Sauce)	5.50	Balsamic Dressing or Mayonnaise	0.50	
Hot Chicken Mayo Roll	4.50	<b><u>Sandwiches/Rolls and Wraps</u></b>	<b>Sandwich</b>	<b>Roll &amp; Wrap</b>
Pasta Bolognese with Cheese	4.50	Bread & Butter	1.20	1.70
Pasta Bolognese without Cheese	4.50	Cheese	3.00	3.50
Pizza (Ham & Cheese)	3.50	Cheese & Salad	4.00	4.50
Pizza (Ham/Cheese/Pineapple)	3.75	Tuna & Salad	4.50	5.00
Pizza (Half)	2.00	Chicken	4.00	4.50
Tomato Sauce	0.50	Chicken & Salad	4.50	5.00
Cheese and Spinach Triangles	2.50	Ham & Salad	4.50	5.00
<b><u>Toasted Sandwiches</u></b> ( <i>wholemeal bread</i> )		Ham/Cheese & Salad	5.00	5.50
Ham & Cheese	4.50	Ham	3.50	4.00
Ham, Cheese & Tomato	4.50	Ham & Cheese	4.00	4.50
Ham/Cheese and Pineapple	4.75	Egg & Salad	4.50	5.00
Chicken & Cheese	4.50	Egg	3.50	4.00
Chicken/Cheese and Pineapple	4.75	Salad Only	3.00	3.50
Vegemite & Cheese	3.00	Vegemite	2.50	3.00
Tomato & Cheese	3.00	Vegemite & Cheese	3.00	3.50

Cheese	3.00		
Vegemite	2.50	<b>** Salad: Lettuce/tomato/cucumber/carrot)</b> <b>** Rolls and Sandwiches: Wholemeal Bread</b> <b>** Cheese +0.50/Lettuce +0.25/Pineapple +.30</b>	
<b><u>RECESS MENU</u></b>			
Pikelets	0.30	<b><u>Drinks</u></b>	
Pikelets (4 for \$1.00)	1.00	Flavoured Milk (Strawberry/Choc/Neapolitan)	2.50
Cheesies (1/2 roll & Melted Cheese)	1.00	Hi Lo Milk	1.50
Chocolate Brownie Slice	1.00	Fruit Boxes (100% Just Juice – Apple/Apple & Black Currant/Orange/Paradise Punch)	2.00
Fruit Muffins (home-made various as available)	1.00	Nudie Juice 250mls (Apple, Tropical or Orange)	2.00
Jelly ( <b>No Kindy or Pre-Primary</b> )	1.00	Up and Go (Strawberry, Vanilla or Chocolate)	2.50
Cheese and Crackers	1.50	Water Bottle	1.00
		Slushie ( <b>Available Lunch Time ONLY – No Pre-primary or Kindy</b> )	2.00
		<b><u>Ice Creams (Available After Lunch Only - Not Kindy or Pre-Primary)</u></b>	
<b><u>Basket Goods (Recess and After Lunch)</u></b>		Calippo's Mini's	1.20
Tiny Teddies	1.00	Paddle Pops	1.20
Grain Waves	1.00	Frosty Fruits	1.20
Popcorn	1.00	Lifesavers	1.20
		Icy Pole Quelch Berri 99% Fruit Juice	1.00
		Ice- Cream Cup	1.00
		Jelly	1.00