

Denise's Canteen

Gilmore College for Girls - 2014 Canteen Price List

Homemade Meals

Veggi Quiche/Quiche Lorraine	4.50
Meat/Vegetable Lasagne	4.50
Spaghetti Bolognese	4.50
Fettucine Carbonara	4.50
Macaroni and Cheese	4.50
Scallop Potato	4.50
Creamy Tuna Pasta	4.50
Ravioli with Neapolitana Sauce	4.50
Mash and Gravy	4.50
Fried Rice	4.50
Chicken Stir Fry with Hokkien Noodles	4.50
Creamy Chicken Pasta	4.50

Hot & Healthy Choices Every Day

Toasted Omelette Wrap	4.00
Tuna, Onion, Mayo Toasted Wrap	4.50
Fantastic Noodles	3.50
Chicken Schnitzel Wrap	5.00
Steamed Dim Sims	1.00
Oven Baked Potato Wedges	4.50
Healthy Pizza Choice	3.00
Cheese Burger	4.50
Hamburger Lot (Egg, Bacon, Lettuce, Tomato & Cheese)	5.50
Vegetarian Burger with Lettuce and Salsa	5.00
Chicken Tender Roll, Lettuce, Sweet Chilli Sauce	4.50
Grilled Chicken Burger with Lettuce and Mayonnaise	5.00
Chicken Tender Wrap with Lettuce and Sweet Chilli Sauce	5.00
Hot Dog (with low fat skinless frankfurt)	3.50
Fish & Chips	5.00
Chicken & Chips	5.00

Breakfast Menu

Raisin Toast	2.00
Egg and Bacon Roll	4.50
Low Fat Yoghurt	2.50
Cereal	2.50

Toasted Sandwiches

Ham, Egg & Assorted Toasted Sandwiches	4.50
Ham and Cheese	4.00
Cheese	3.00

Warmed Occasional Snacks

Low Fat Spinach and Ricotta Roll	5.00
Low Fat Veggie Roll	5.00
Low Fat Pie or Pastie	4.00
Low Fat Sausage Roll	3.00
Pastizzi's	1.50
Egg Hashbrown & Cheese Wrap	5.00
Chicken Schnitzel, Lettuce, Mayo or Sweet Chilli	5.00

Sandwiches, Rolls and Wraps

Virginian Ham and Salad	4.50
Breast Chicken and Salad	4.50
Tuna, Spring Onion and Lite Cream Cheese	4.50
Egg and Lettuce	4.50
Salad and Cheese	4.50
Chicken and Avocado	4.50
Chicken, Lettuce and Mayonnaise	4.50

Tasty Balanced Salad Bar

Seasonal Fruit	POA
Fruit Salad Tubs	3.50
Jelly and Fruit Cups	2.50
Yoghurt and Fruit Coulis or Muesli	3.00
Low Fat Yogurt	2.50
Assorted Cakes	2.50
Healthy Low Fat Cookies	2.50
Boiled Egg	1.00

Drinks and Treats

Water 600ml	2.50
Coke Zero	2.50
Diet Coke	2.50
Fruit Juice Box	2.50
Up and Go	2.50
Hot Chocolate, Cappuccino and Latte Café	2.50
Flavoured Milk	2.50
Fruit Slurpee	2.00
Ice Creams	RRP

Salad Tubs

Potato Salad	3.50
Pasta Salad	3.50
Fresh Garden Salad	3.50