**GLUTEN FREE MENU**

**Red - Occasionally**

These foods will only be offered on one or two occasions per term.

**Amber - Select carefully.**

Try not to let these food dominate your choices.

**Green - Go, Go, Go**

We encourage and promote these foods. These are the best choices.

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### Hot Food (Green/Amber)

- Ingham Chicken Nuggets (Baked)
  - 6pcs --- $4.50
  - 8pcs --- $5.00
- Meat Pie --- $6.00
- Sausage Roll --- $6.00
- Crumbed Tenders (2pcs) --- $3.50
- Grilled Chicken Schnitzel Roll w’ mayo --- $5.00
- Grilled Chicken Breast Schnitzel Burger --- $6.00

### Sandwiches/Wraps (Green)

- Cheese and Tomato --- $3.00
- Jam Sandwich --- $2.50
- Cheese & Salad Sandwich --- $4.00
- Ham/Cheese/Tom --- $4.00
- Ham/Cheese --- $3.50
- Egg with Lettuce & Light Mayo --- $4.50
- Tuna / Mayo --- $4.50
- Falafel Vegetarian Wrap --- $5.50
- Chicken Salad Tender Wrap --- $5.50

### Meals (Green)

- Single serve lasagna 220g --- $5.00
- Penne Napoletano --- $5.00
- Single Serve Potato Bake 200g --- $5.00
- Vegetarian Fried Rice --- $5.00
- Single Serve Sweet & Sour chicken --- $5.00

**Extra toppings 0.50c**

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### Fresh Salad Box (Green)

- Greek Salad --- $5.00
- Chicken Breast Salad --- $6.00
- Egg Salad --- $6.00
- Tuna Salad --- $6.00

**All include Gluten free Dressing**

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### Snacks/Recess (Green/Amber)

- Seasonal Fruits --- $1.00
- Vege Chips --- $2.00
- Assorted Muffins --- $4.00
- Cheese & Crackers --- $1.50
- Freshly seasonal fruit Packs --- $4.00
- Real Fruit Nuggets --- $1.00
- Popcorn Plain --- $1.00
- Jelly Cups --- $1.50
- Coconut bread loaf --- $4.00
- Mammee Monster Rice Sticks --- $1.50

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**Freshly seasonal fruit Packs --- $4.00**

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**PLEASE ADVISE STAFF OF ANY ALLERGIES**

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**All foods are grilled or oven baked.**

*(No Frying)*