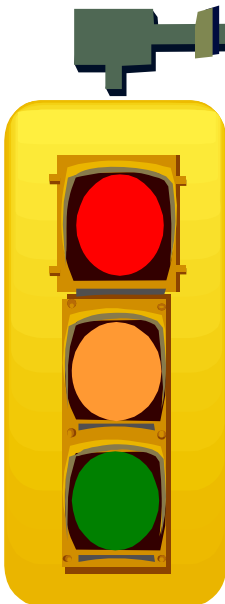


GLUTEN FREE MENU



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.



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

Meals (Green)

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



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
Salad + Chicken or Ham or Tuna -----	\$5.50
Falafel Vegetarian Wrap -----	\$5.50
Chicken Salad Tender Wrap -----	\$5.50

Extra toppings 0.50c



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 -----o-----	\$4.00
Mammee Monster Rice Sticks -----	\$1.50

All foods are grilled or oven baked.
(No Frying)



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

PLEASE ADVISE STAFF OF ANY ALLERGIES