

Gumdale SS Menu

SANDWICHES

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



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

TOASTED SANDWICHES

Vegemite or Jam	\$2.20
Ham	\$3.20
WITH: Cheese	\$3.70
Chicken	\$3.20
WITH: Cheese	\$3.70
Tuna	\$3.70
WITH: Cheese	\$4.20
Cheese	\$2.70
WITH: Tomato	\$3.00
GLUTEN FREE ** BREAD.....	ADD \$0.60

HOT FOOD

CLM burger	\$4.00
<i>Fresh roll with Chicken patty, Lettuce and mayonnaise</i>	
Beef burger	\$4.00
<i>Fresh roll with hamburger patty topped with lettuce, tomato and your choice of sauce</i>	
Cheese burger	\$4.00
<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>	
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>	
Spaghetti bolognaise	\$4.00
<i>Pasta topped with a homemade bolognaise 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</i>	
WITH: Cheese Pot.....	ADD \$0.50
Sauce.....	ADD \$0.30

HOT FOOD CONTINUED.....

Pizza	\$3.00
<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	ADD \$0.50
Chicken/Ham	ADD \$0.50
Beetroot.....	ADD \$0.30
Tuna.....	ADD \$1.00
Caesar Salad.....	\$3.50
<i>Served in container with lettuce, bacon, parmesan, croutons and Caesar dressing</i>	
WITH: Chicken	ADD \$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
<i>Vegetemite and Cheese wrapped in a puff pastry pillow</i>	
Pizza Pinwheels	\$1.20
<i>Pizza sauce, Ham & Cheese in a small puff pastry pillow</i>	
Apple slinky 	\$1.50
Carrot sticks 	\$0.50
WITH: Cheesy dip.....	ADD \$0.40
3C's Pack (crackers, cheese & carrot)	\$2.00
WITH: Cheesy dip.....	ADD \$0.40
Watermelon wedge	\$1.00
Fruit Salad Cup	\$2.00
TOP WITH: Yoghurt/Custard	ADD \$0.50
Fruit Salad Tub (large)	\$3.00
TOP WITH: Yoghurt/Custard	ADD \$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.....	\$0.50
Gingerbread Student.....	\$2.00

DRINKS

Breaka UHT milk popper 250ml	\$2.20
<i>Chocolate, Strawberry or Vanilla Malt</i>	
Plain Fresh Milk	\$1.50



Juice Popper 100% Golden Circle 250ml	\$1.50
<i>Apple & Blackcurrant, Orange or Tropical</i>	
Water 600ml 	\$1.50

FROZEN TREATS

Slushy	\$2.00
Frozen Yoghurt.....	\$2.50
<i>Strawberry or Mango flavour</i>	
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
<i>Tomato or BBQ</i>	
Grated Cheese.....	\$0.50

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









gluten free environment.

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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

*** Every item on this page is pre-packaged from our suppliers so the risk of cross contamination is limited ***

Gumdale SS Menu

SUSHI WEDNESDAY

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

* Salad Sushi Roll w/mayo

* Avocado Sushi Roll w/mayo

* Teriyaki Chicken and Avocado 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 Avocado Sushi Roll w/mayo

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

All mayo is GF
