

GLUTEN FREE LUNCH MENU

Term 1 -2022

Please **ONLY** Use the **Schools Large Lunch Bags** when ordering

Bags are Only available from Your School's Office.

PLEASE TAKE YOUR **LUNCH ORDER BAG** TO THE OFFICE, IF YOU HAVE ANY PROBLEMS **ON THE DAY YOU ORDER**

DONT FORGET TO WRITE **GLUTEN FREE** IN **LARGE RED LETTERS** ON YOUR BAG. 😊

Brain Food

GF Rice Paper Rolls (with Chicken, Salad & Plum Sauce) \$4.30
Plum Dipping Sauce \$0.40

Hot Stuff

GF Sausage Roll -(includes sauce) \$4.30
GF Homemade Pasta Bake (V) \$4.30
GF Beef Pie \$5.60
GF Sauce \$0.40

GF SUPER PACK \$7.50

1 x GF Sausage Roll & Sauce
GF Jelly or GF Popcorn
Plus Choc Milk, or Strawberry Milk, or Orange Juice or Apple Juice or Plain Water



HOT DEAL

GF Pasta & GF Popcorn
\$6.00

Little Treats

GF Popcorn \$1.80
GF/DF Messy Monkey Burger Rings \$1.90
GF Rainbow Jelly with Jewels of Fruit \$2.30
GF YoYo \$2.30

Drinks

Bottle Water \$1.70
Plain Milk - \$1.90
100% Apple Juice \$2.00
100% Orange Juice \$2.00
Chocolate Milk / Strawberry Milk \$2.40
Cool ridge Berry Flavoured Spring Water - 500ml \$3.20



EASTWOOD ORCHARD

SPECIALIST CATERER & EDUCATOR OF HEALTHY ALTERNATIVES

EMAIL - eastwd@bigpond.net.au



Birthday Surprise

If it's your Birthday **in the week** you order LUNCH, **write your birth date on your bag.** And we will treat you with a small surprise.

THIS CHILDRENS MENU HAS BEEN DEVELOPED TO MEET THE NATIONAL & STATE HEALTHY SCHOOLS CANTEEN GUIDELINES