MONDAYS – HOTDOG

☺ Hot Dog in a soft long roll $3.50

ADD EXTRAS
- Tomato sauce $0.20
- Mild Mustard $0.20
- BBQ sauce $0.20
- Cheese $0.50
- Grilled Onion $0.75
- Grilled Bacon $0.75

TUESDAYS – SUSHI SUSHI HANDROLL (Soy sauce included)

☺ ☺ Avocado $3.00
☺ ☺ Avocado & cucumber $3.00
☺ ☺ Vegetarian $3.00
☺ ☺ California $3.00
☺ ☺ Cooked Tuna $3.00
☺ ☺ Teriyaki Chicken $3.00
☺ ☺ Crispy Chicken $3.00
☺ ☺ Fresh salmon $3.00
☺ ☺ Tempura Salmon $3.00
☺ ☺ Prawn $3.00

THURSDAYS – CHICKEN TENDER WRAP

Two air-fried chicken tenders in a wrap served with lettuce and mayonnaise $4.00

ADD EXTRAS
- Tomato $0.20
- Sweet Chilli $0.20
- Cheese $0.50
- Avocado $0.75

EVERY DAY MENU ITEMS

FRESH HOMEMADE HOT FOOD
- Corn kernels with cheese (V) $1.50
- (3) Steamed mini dim-sims with soy $1.50
- Hot Pup – cocktail frankfurter in a roll $1.50
- Air-fried chicken tender $1.50
- Air-fried potato wedges (V) $2.50
- Noodle Cup — chicken or beef $3.00
- Nachos — corn chips with cheese & salsa $3.50
- Pizza Sub — Margarita (V) $3.50
- Pizza Sub — Hawaiian $4.00
- Homemade bacon fried rice $4.00
- Fresh Chicken Salad $4.50
- Homemade bolognaise with high fibre spaghetti $5.00

FRESH HOMEMADE HEALTHY SNACKS
- Slinky spiral apple — peeled and cored $1.00
- Frozen 100% orange juice cup $1.00
- Frozen pineapple ring $1.00
- Homemade cookie $1.20
- Carrot sticks with hummus dip $1.50
- Jelly cup $1.50
- Frozen Milo cup $1.50
- Fruit salad cup $2.00
- Homemade muffin $2.00

TASTY TREATS
- Rice Wheels — cheese $1.00
- Savoury popcorn $1.00
- Mammee Noodle snack - chicken $1.50
- Grain Waves — sour cream $1.50
- Smiths — Original, BBQ, Salt ‘n’ Vinegar $1.50
- Red Rock — honey soy chicken, sea salt $1.50

SANDWICH EXTRAS
- Mayonnaise, lettuce or tomato $0.20
- Tasty Cheese $0.50
- In a wrap, toasted or gluten free bread $0.50
- Salad — lettuce, tomato, carrot and cucumber $0.75
- Avocado $0.75

FRESH SANDWICHES ON WHOLEMEAL BREAD
- Tasty cheese or vegemite (V) $2.75
- Salad — lettuce, tomato, carrot & cucumber (V) $3.00
- Ham $3.50
- Tuna $3.50
- Roast Chicken $4.00

FRESH HOMEMADE PASTRIES
- Party sausage roll $1.50
- Large sausage roll $3.50
- Party spinach & ricotta roll (V) $1.50
- Large spinach and ricotta roll (V) $3.50
- Party beef pie $1.50
- Large beef pie $4.00

GRAINSTORE PASTRIES
- Party spinach & ricotta roll (V) $1.50
- Large spinach and ricotta roll (V) $3.50
- Party beef pie $1.50
- Large beef pie $4.00

SANDWICH EXTRAS
- Mayonnaise, lettuce or tomato $0.20
- Tasty Cheese $0.50
- In a wrap, toasted or gluten free bread $0.50
- Salad — lettuce, tomato, carrot and cucumber $0.75
- Avocado $0.75

SPECIALS – AVAILABLE ON SPECIFIED DAYS ONLY

EVERYDAY MENU ITEMS
- www.thegingersnap.com.au

MILGATE SPRING CANTEEN MENU TERM 4, 2015

Paper bags $0.20 each