



GLENAEON MIDDLE COVE

Week 3 Term 3

5th – 7th Aug

The Gentle Café Menu

MORNING TEA	PRICES
Spiced Ginger Biscuit	\$1.00 ea
Lemon Polenta Biscuit GF	\$1.00 ea
Citrus Madeira Cake	\$3.00 ea
Choc Chip Muffin	\$3.00 ea
Open Turkish with Ham Cheese & Tomato or Onion Tomato & Cheese Grilled	\$3.00 ea
Mug of Hot Soup: Tomato & Basil with Croutons & Fresh Parmesan Cheese	\$5.00 ea
Warm Apple Crumble with Greek Yogurt	\$5.00 ea
Oat & Date Slice	\$3.00 ea
Cacao & Cranberry Bliss Balls GF DF V	\$1.00 ea
LUNCH	PRICES
NOTE: Any bread products can be made on a GF wrap	
Indian Bowl with Mild Chicken Curry, Basmati Rice, Veg Samosas, Papadam & Tomato salad	\$8.00 ea
Indian Bowl with Lentil & Spinach Dahl, Basmati Rice, Veg Samosas, Papadam & Tomato salad VEG	\$8.00 ea
Sicilian Pasta: Tomato, Basil & Black Olives with Fresh Parmesan Cheese (GF avail if ordered in advance)	\$6.00 ea
Roast Beef & Salad Foot Long Roll	\$7.00 ea
Avocado, Cheese and Salad Foot Long Roll VEG	\$6.00 ea
Piece of Fresh Fruit Banana, Apple or Mandarin	\$1.00 ea
Junior School ONLY Plainer Options	
Macaroni Pasta with Napoli Sauce & Cheese	\$6.00 ea
Beef Bolognese Pasta & Cheese	\$7.00 ea
¼ Baguette as per options above	\$4.00 ea