

# International Grammar School Canteen Menu 2024

## BREAKFAST

WHOLEMEAL/WHITE TOAST (2 SLICES) <i>spreads available</i>	\$3.00
QUINOA SOURDOUGH TOAST with BUTTER OR SPREADS (2 SLICES)	\$5.00
RAISIN TOAST (2 SLICES)	\$4.00
CHEESE JAFFLE	\$3.00
HAM & CHEESE JAFFLE	\$4.00
SMASHED AVO ON QUINOA SOURDOUGH (1 SLICE) (2 SLICES)	\$4 / \$7

## SANDWICHES - WHITE/WHOLEMEAL BREAD

CHEESE & TOMATO	\$4.00
HAM, CHEESE & TOMATO	\$4.50
CHICKEN, LETTUCE & MAYONNAISE	\$5.00
EGG, LETTUCE & MAYONNAISE	\$4.50
SALAD	\$4.50
CHEESE & SALAD	\$5.00

\*With or without butter / toasted or non toasted. Quinoa sourdough + \$2.00 GF + \$1.00

## TURKISH BREAD/WRAPS

HAM, CHEESE, TOMATO & AVOCADO TURKISH	\$5.00
VEGETARIAN TURKISH	\$5.00
CHICKEN, AVO, CHEESE, LETTUCE & MAYO WRAP	\$7.00
CHICKEN, LETTUCE & MAYO WRAP	\$7.00
CHEESE AND SPINACH WRAP	\$7.00
CHICKEN & SALAD WRAP/CHEESE & SALAD WRAP	\$7.00
HAWAIIAN PIZZA WRAP	\$7.00
BBQ MEAT LOVERS PIZZA WRAP/BBQ CHICKEN WRAP	\$7.00
BBQ CHICKEN PIZZA WRAP/BBQ CHICKEN WRAP	\$7.00
CHICKEN, CHEESE & AIOLI PANINI	\$7.00
CHICKEN SCHNITZEL, LETTUCE & MAYO PANINI	\$7.00

## FRESH HOME MADE SALADS

GREEK SALAD	\$8.00
DAILY SALAD SPECIAL ( <i>SEE FRONT DISPLAY</i> )	\$8.00
CHICKEN CAESAR SALAD	\$8.00
GARLIC CHICKEN SALAD	\$8.00
SALAD BOXES	sml: \$6.00 lge: \$8.00

\*All Cheese is Mainland Reduced Fat Tasty Cheese

\*All Chicken in Marinated in Garlic/Mustard and Baked (on site)

\*All Tortilla Wraps are Wholemeal

\*Gluten Free Available, ask staff for other dietary requirements



\*SUBJECT TO CHANGE

\*All Cheese is Mainland Reduced Fat Tasty Cheese

\*All Chicken in Marinated in Garlic/Mustard and Baked (on site)

## HOT FOOD (LUNCH ORDERS ONLY-AVAILABLE EVERYDAY)

CHICKEN NUGGETS	\$5.00
BEEF & BEAN NACHOS w/ CHEESE & LITE SOUR CREAM ( <i>ONLY THURSDAY</i> )	\$7.00
TERIYAKI CHICKEN AND RICE ( <i>FRIDAY ONLY</i> )	\$7.00
PASTA BOLOGNESE	\$6.00
PASTA NAPOLITANA	\$6.00
PASTA PLAIN with PARMESAN	\$6.00
CORN COB	\$3.00
LASAGNA	\$6.00

\*GF Options available. Please see online menu on [www.flexischools.com.au](http://www.flexischools.com.au)

## DRINKS/FROZEN SNACKS

HOT CHOCOLATE 250ml	\$3.00
FLAVOURED MILK	\$4.00
99% FRUIT JUICE	\$4.00
STILL WATER	\$2.50
SPARKLING WATER	\$4.50
GLEE 100% SPARKLING FRUIT JUICE	\$4.00
UP & GO (CHOCOLATE)	\$3.50
QUELCH STICK	\$1.00
PURE POPS	\$4.00
TWISTED FROZEN YOGURT	\$4.00
MOOSIE	\$3.00
LITE JELLY CUP	\$3.00

## SNACKS

BIG CRUNCH SUSHI	Roll: \$4.50	Mini Box: \$5.50
RICE PAPER ROLLS w/ GARLIC CHICKEN or AVOCADO ( <i>SUMMER ONLY</i> )		\$7.00
REDUCED FAT YOGHURT w/ BERRIES		\$4.50
REDUCED FAT YOGHURT w/ BAKED MUESLI (nut free)		\$4.50
CARROT/CELERY STICKS		\$3.00
CARROT/CELERY STICKS w/ HOMMUS & LEBANESE BREAD		\$4.50
WATERMELON TUB		\$4.00
FRUIT SALAD TUB		\$4.50
HOME MADE MUFFINS - BAKED ON SITE		\$4.50
HOME MADE COOKIES - BAKED ON SITE		\$3.00
BANANA BREAD (HALF) - TOASTED ( <i>GF AVAILABLE + .50c</i> )		\$3.00
(WHOLE) - TOASTED ( <i>GF AVAILABLE + .50c</i> )		\$4.50
POPCORN		\$2.50
RED ROCK DELI CHIPS 28g		\$2.50
CHEESE AND CRACKERS		\$3.50
APPLES		\$1.00
ORANGES		\$1.00
BANANAS		\$1.00
COCONUT AND RASPBERRY CHIA PUDDING		\$3.50

EVERYDAY FOODS:   
 OCCASIONAL FOODS: