

# IGS CANTEEN MENU 2025

## 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)	\$4.50
CHEESE JAFFLE	\$3.50
HAM & CHEESE JAFFLE	\$4.50
SMASHED AVO ON QUINOA SOURDOUGH (1 SLICE \$4.00) (2 SLICES \$7.50)	\$7.50

## SANDWICHES - WHITE/WHOLEMEAL BREAD

CHEESE & TOMATO	\$4.50
HAM, CHEESE & TOMATO	\$5.00
CHICKEN, LETTUCE & MAYONNAISE	\$5.50
EGG, LETTUCE & MAYONNAISE	\$5.00
SALAD	\$5.00
CHEESE & SALAD	\$5.50

\*With or without butter / toasted or non toasted. Quinoa sourdough and GF available

## TURKISH BREAD/WRAPS

HAM, CHEESE, TOMATO & AVOCADO TURKISH	\$6.00
VEGETARIAN TURKISH	\$6.00
CHICKEN, AVO, CHEESE, LETTUCE & MAYO WRAP	\$8.00
CHICKEN, LETTUCE & MAYO WRAP	\$8.00
CHEESE AND SPINACH WRAP	\$8.00
CHICKEN & SALAD WRAP/CHEESE & SALAD WRAP	\$8.00
HAWAIIAN PIZZA WRAP	\$8.00
BBQ MEAT LOVERS PIZZA WRAP/BBQ CHICKEN WRAP	\$8.00
BBQ CHICKEN PIZZA WRAP/BBQ CHICKEN WRAP	\$8.00
CHICKEN, CHEESE & AIOLI PANINI	\$8.00
CHICKEN SCHNITZEL, LETTUCE & MAYO PANINI	\$8.00

## FRESH HOME MADE SALADS

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

\*All Cheese is 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

\*More Menu Items Available on Flexischools.com.au



EVERYDAY FOODS:   
OCCASIONAL FOODS: 

\*SUBJECT TO CHANGE

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

CHICKEN NUGGETS	\$5.50
BEEF & BEAN NACHOS w/ CHEESE & LITE SOUR CREAM (THURSDAY ONLY)	\$8.00
TERIYAKI CHICKEN AND RICE (FRIDAY ONLY)	\$8.00
PASTA BOLOGNESE	\$6.00
PASTA NAPOLITANA	\$5.50
PASTA PLAIN with PARMESAN	\$5.00
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 250ml	\$4.00
99% FRUIT JUICE 250ml	\$4.00
STILL WATER 600ml	\$3.00
SPARKLING WATER 500ml	\$4.50
CHILL J 100% SPARKLING FRUIT JUICE 250ml	\$4.00
UP & GO (CHOCOLATE) 250ml	\$3.50
CHILL ICED TEA 500ml	\$4.50
WATERFORDS SPARKLING FLAVOURED WATER 500ml	\$4.50
BLASTADE ISOTONIC SPORTS DRINK 500ml	\$4.50
QUELCH STICK	\$1.00
PURE POPS	\$4.50
TWISTED FROZEN YOGURT	\$4.50
MOOSIE	\$3.50
LITE JELLY CUP	\$3.00

## SNACKS

BIG CRUNCH SUSHI	Roll: \$5.00	Mini Box: \$6.00
RICE PAPER ROLLS w/ GARLIC CHICKEN or AVOCADO (SUMMER ONLY)		\$8.00
REDUCED FAT YOGHURT w/ BERRIES		\$5.00
REDUCED FAT YOGHURT w/ BAKED MUESLI (nut free)		\$5.00
CARROT/CELERY STICKS		\$4.00
CARROT/CELERY STICKS w/ HOMOUMUS & LEBANESE BREAD		\$5.00
WATERMELON TUB		\$4.50
FRUIT SALAD TUB		\$5.00
HOME MADE MUFFINS - BAKED ON SITE		\$4.50
HOME MADE COOKIES - BAKED ON SITE		\$3.00
BANANA BREAD (HALF) - TOASTED (GF AVAILABLE + .50c)		\$3.00
(WHOLE) - TOASTED (GF AVAILABLE + .50c)		\$4.50
POPCORN		\$3.00
RED ROCK DELI CHIPS 28g		\$2.50
CHEESE AND CRACKERS		\$4.00
APPLES		\$1.00
ORANGES		\$1.00
BANANAS		\$1.00
GINGERBREAD KID		\$4.00