

International Grammar School Canteen Menu 2020

BREAKFAST

WHOLEMEAL/WHITE TOAST (2 SLICES) <i>spreads available</i>	\$2.50
QUINOA SOURDOUGH TOAST (2 SLICES)	\$4.50
RAISIN TOAST (2 SLICES)	\$3.50
CHEESE JAFFLE	\$2.50
HAM & CHEESE JAFFLE	\$3.50
SMASHED AVO ON QUINOA SOURDOUGH (1 SLICE)	\$3.00

SANDWICHES - WHITE/WHOLEMEAL BREAD

CHEESE & TOMATO	\$3.50
HAM, CHEESE & TOMATO	\$4.00
CHICKEN, LETTUCE & MAYONNAISE	\$4.50
EGG, LETTUCE & MAYONNAISE	\$4.50
SALAD	\$4.00
CHEESE & SALAD	\$4.50

*With or without margarine / toasted or non toasted. Quinoa sourdough available + \$1.00

TURKISH BREAD/WRAP

HAM, CHEESE, TOMATO & AVOCADO TURKISH	\$5.00
VEGETARIAN TURKISH	\$5.00
CHICKEN, AVO, CHEESE, LETTUCE & MAYO WRAP	\$6.00
CHICKEN, LETTUCE & MAYO WRAP	\$6.00
CHEESE AND SPINACH WRAP	\$6.00
PHILLY CHEESE STEAK WRAP	\$6.00
CHICKEN & SALAD WRAP/CHEESE & SALAD WRAP	\$6.00
CHICKEN CAESAR WRAP	\$6.00
HAWAIIAN PIZZA WRAP	\$6.00
BBQ MEAT LOVERS PIZZA WRAP/BBQ CHICKEN WRAP	\$6.00
CHICKEN, CHEESE & AIOLI PANINI	\$5.50
CHICKEN SCHNITZEL, LETTUCE & MAYO PANINI	\$5.50

FRESH HOME MADE SALADS

GREEK SALAD	\$6.00
PESTO PASTA SALAD (nut free)	\$5.00
CHICKEN CAESAR SALAD	\$6.00
GARLIC CHICKEN SALAD	\$6.00
SALAD BOXES	sml: \$4.00 lge: \$6.00

DAILY SPECIALS - CHECK SPECIALS BOARD

MON - LITE PIE/ LITE SAUSAGE ROLL	\$4.5/4
TUE - PASTA BOLOGNAISE	\$6.00
WED - TERIYAKI CHICKEN & STEAMED RICE	\$6.00
THUR - BEEF & BEAN NACHOS w/ CHEESE & LITE SOUR CREAM	\$6.00
FRI - CHICKEN BURGER w/ LETTUCE & AOILI	\$6.00

*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

HOT FOOD (LUNCH ORDERS ONLY-AVAILABLE EVERYDAY)

CHICKEN NUGGETS	\$4.50
PASTA BOLOGNESE	\$4.50
PASTA NAPOLITANA	\$4.50
PASTA PLAIN with PARMESAN	\$4.50
CORN COB	\$2.50
LASAGNA	\$4.50

DRINKS/FROZEN SNACKS

HOT CHOCOLATE 250ml	\$2.50
99% FRUIT JUICE SLUSHIE 285ml	\$2.50
FLAVOURED MILK	300ml: \$3.50 500ml: \$4.50
99% FRUIT JUICE	200ml: \$3.50 500ml: \$4.50
STILL WATER	\$2.50
SPARKLING WATER	\$4.50
JUICE BOMB 100% SPARKLING FRUIT JUICE	\$3.50
UP & GO (CHOCOLATE)	\$3.50
KOMBUCHA CAN	\$4.00
QUELCH STICK	\$1.00
TWISTED FROZEN YOGURT	\$3.50
MOOSIE	\$3.00
LITE JELLY CUP	\$2.50

SNACKS

BIG CRUNCH SUSHI	Roll: \$4.00	Mini Box: \$4.50
RICE PAPER ROLLS w/ GARLIC CHICKEN or AVOCADO	\$6.00	
REDUCED FAT YOGHURT w/ BERRIES	\$4.00	
REDUCED FAT YOGHURT w/ BAKED MUESLI (nut free)	\$4.00	
CARROT/CELERY STICKS	\$3.00	
CARROT/CELERY STICKS w/ HOMMUS & LEBANESE BREAD	\$4.50	
WATERMELON TUB	\$3.50	
FRUIT SALAD TUB	\$4.00	
HOME MADE MUFFINS - BAKED ON SITE	\$4.00	
HOME MADE COOKIES - BAKED ON SITE	\$2.50	
BANANA BREAD (HALF) - TOASTED (GF AVAILABLE + .50c)	\$2.50	
(WHOLE) - TOASTED (GF AVAILABLE + .50c)	\$4.00	
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: