



INTERNATIONAL GRAMMAR SCHOOL

CANTEEN





# International Grammar School Canteen Menu

## BREAKFAST

WHOLEMEAL/WHITE TOAST (2 SLICES) <i>spreads available</i>	\$2.50
QUINOA SOURDOUGH TOAST with BUTTER OR SPREADS (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 butter / toasted or non toasted. Quinoa sourdough + \$1.00 GF + \$1.00

## TURKISH BREAD/WRAPS

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	\$6.00
CHICKEN SCHNITZEL, LETTUCE & MAYO PANINI	\$6.00

## FRESH HOME MADE SALADS

GREEK SALAD	\$8.00
PESTO PASTA SALAD (nut free)	\$5.00
CHICKEN CAESAR SALAD	\$8.00
GARLIC CHICKEN SALAD	\$8.00
SALAD BOXES	sml: \$5.00 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

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

CHICKEN NUGGETS	\$5.00
BEEF & BEAN NACHOS w/ CHEESE & LITE SOUR CREAM (ONLY THURSDAY)	\$6.00
PASTA BOLOGNESE	\$5.00
PASTA NAPOLITANA	\$5.00
PASTA PLAIN with PARMESAN	\$5.00
CORN COB	\$2.50
LASAGNA	\$5.00

\*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
99% FRUIT JUICE SLUSHIE 285ml (SUMMER ONLY)	\$2.50
FLAVOURED MILK 250ml	\$4.00
99% FRUIT JUICE 250ml	\$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
TWISTED FROZEN YOGURT	\$3.50
MOOSIE	\$3.00
LITE JELLY CUP	\$2.50

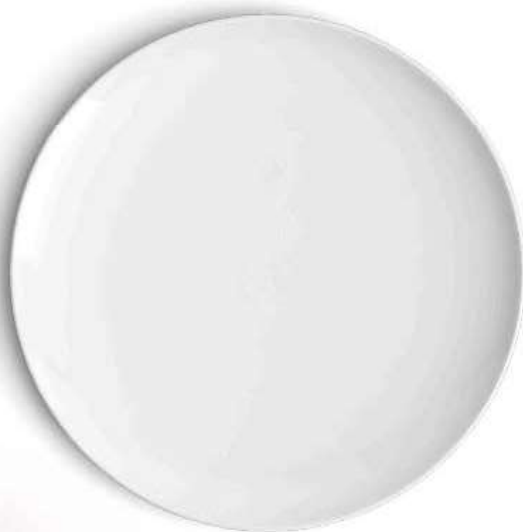
## SNACKS

BIG CRUNCH SUSHI	Roll: \$4.50	Mini Box: \$5.00
RICE PAPER ROLLS w/ GARLIC CHICKEN or AVOCADO (SUMMER ONLY)		\$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		\$4.00
FRUIT SALAD TUB		\$4.50
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: 

# We have partnered with Flexischools, to make school lunches even easier.

- Order online at anytime
- Easily monitor special dietary requirements
- Pay with Visa, Mastercard, Paypal or direct deposit



 **flexischools**



## SET UP YOUR ACCOUNT

### 1 Download the Flexischools App

**Note:** for iPhone and iPad please select 'Allow' notifications.



### 2 Add your School and Group

Click on the search icon, enter your school name, select your school and year group, or groups relevant to you.

### 3 Login/Register

Click the '**Order now**' button located in the bottom right-hand corner of the app, this will open a login screen.

- **Already a Flexischools user** - Enter your details and login. To save your login details select 'remember me'.
- **New Flexischools user** - Click '**Register**', enter your email address and follow the instructions in the email to set up your account. Once your account is set up, add new student; search for their school, enter student details and select their class.

## ORDER

### 1 Place your Order

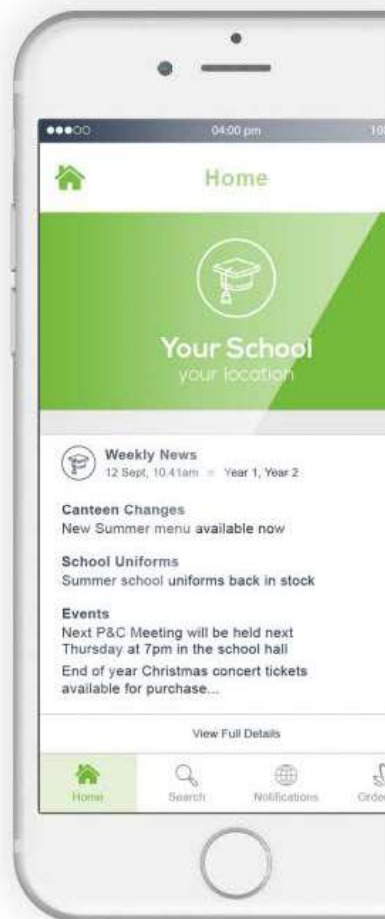
Click the '**Order now**' button located in the bottom right-hand corner of the app and select your student.

### 2 Make your Selection

Select the items you wish to order.

### 3 Make Payment

Select your payment option and complete payment to place your order.



Alternatively you can sign-up on [flexischools.com.au](http://flexischools.com.au)

☎ 1300 361 769

🖱 [flexischools.com.au](http://flexischools.com.au)



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the school community**



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