

International Grammar School Canteen Menu 2018

BREAKFAST

TOAST (2 SLICES)	\$2.50
RAISIN TOAST (2 SLICES)	\$3.50
CHEESE JAFFLE	\$2.50
HAM & CHEESE JAFFLE	\$3.50
WHOLE FRUIT	\$1.00

SANDWICHES - WHITE/WHOLEMEAL BREAD

CHEESE & TOMATO	\$3.50
HAM, CHEESE & TOMATO	\$4.00
CHICKEN, LETTUCE & MAYONNAISE	\$4.50
EGG, LETTUCE & MAYONNAISE	\$4.00
SALAD	\$3.80
CHEESE & SALAD	\$4.50

**With or without margarine*

TURKISH BREAD/WRAP

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

**All Cheese is Mainland Reduced Fat Tasty Cheese*

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

**All Tortilla Wraps are Wholemeal*

FRESH HOME MADE SALADS

GREEK SALAD	\$5.00
PESTO & SUNDRIED TOMATO SALAD	\$4.50
CHICKEN CAESAR SALAD w/ HAM	\$5.50
GARLIC CHICKEN SALAD	\$5.50
SALAD BOXES	sml: \$4.00 lge: \$6.00

DAILY SPECIALS - CHECK SPECIALS BOARD

MON- MEDITERRANEAN CHICKEN PIZZA	\$5.50
TUE- PASTA BOLOGNAISE	\$5.50
WED- TERIYAKI CHICKEN & STEAMED RICE	\$5.50
THUR- BEEF & BEAN NACHOS w/ CHEESE & SOUR CREAM	\$5.50
FRI- CHICKEN BURGER w/ LETTUCE & MAYO	\$5.50

EVERYDAY HOT FOOD (LUNCH ORDERS ONLY)

CHICKEN NUGGETS	\$4.50
PASTA BOLOGNESE	\$4.50
PASTA NAPOLITANA	\$4.50
PASTA PLAIN with PARMESAN	\$4.50
CORN COB	\$4.50
CHICKEN, BROWN RICE BURRITO WRAP	\$5.50

SNACKS & DRINKS

REDUCED FAT YOGHURT w/ BERRIES	\$3.50
REDUCED FAT YOGHURT w/ BAKED MUESLI (on site)	
CARROT/CELERY STICKS	\$3.00
CARROT/CELERY STICKS w/ HOMOUS & LEBANESE BREAD	\$4.00
WATERMELON TUB	\$3.50
FRUIT SALAD TUB	\$4.00
HOME MADE MUFFINS - BAKED ON SITE	\$3.50
HOME MADE COOKIES - BAKED ON SITE	\$2.50
BANANA BREAD (HALF) - TOASTED (GF AVAILABLE + \$1.00)	\$2.00
(WHOLE) - TOASTED (GF AVAILABLE + .50c)	\$3.50
REGULAR HOT CHOCOLATE	\$2.50
REGULAR 99% FRUIT JUICE SLUSHIE	\$2.50