

ST JOHN'S GRAMMAR

2020 CANTEEN MENU

specials.

healthy, hearty meals offered daily. see our specials menu available on the school's website or via www.flexischools.com.au. if you have any other dietary requirements, please see the canteen so they can help accommodate them.

cool choices.

fresh seasonal fruit salad	3.6
low fat yoghurt pot with berries	3.6
low fat yoghurt pot with muesli	3.6
seasonal fresh fruit piece	1.0
small garden salad (v)	4.1
large garden salad (v)	6.1
jelly pot	2.0
97% fat free choc mousse pot	3.6

so hot.

egg & bacon muffin (secondary campus only)	4.0
breakfast wrap (secondary campus only)	4.5
angus beef pie	4.6
potato pie	4.6
chicken & veg pie	4.6
pasty	4.6
vegetarian pasty	4.6
cornish pasty	4.6
sausage roll gourmet	3.8
snag bag	4.6
hotdog	4.0
oven baked wedges (v)	4.0
6 chicken nuggets	4.6
tomato, sweet chilli or BBQ sauce, sour cream	0.3
pizza 6" – meat lovers, ham & pineapple, vegetarian, supreme or BBQ chicken	4.7
garlic bread whole (9")	2.0
garlic bread half	1.0

sandwiches, wraps & rolls.

wholemeal bread only. no butter.	
salad (tomato, cucumber, lettuce, carrot)(v)	4.6
add chicken, ham, tuna, or roast beef	0.5
add 97% fat free mayonnaise	0.3
ham & cheese	3.6
ham, cheese & tomato	4.0
cheese & tomato (v)	3.6
egg, lettuce, 97% fat free mayo (v)	4.6
chicken, lettuce, avocado, 97% fat free mayo	5.0
wraps, baguettes, wholemeal rolls add	0.5
toasted add	0.5
gluten free bread add	2.0

bakery.

muffin of the day	3.6
mini muffin of the day	2.2
smilie cookie	3.0
doughnut – chocolate or chocolate sprinkle	3.2
choc chip cookie	3.0
banana bread	3.6
banana slice	1.9

snacks.

red rock deli honey soy chicken chips 28gm	1.9
red rock deli sea salt chips 28gm	1.9
grainwaves sour cream & chives 40gm	2.2

drinks.

pump 750ml flavoured water	4.0
mt franklin 600ml water	3.0
fuze iced tea	3.9
just juice – apple or orange	2.6
flavoured milk small – chocolate or strawberry	3.5
appletiser	3.0

icy treats.

frozen juice cup	1.2
zooper dooper	1.0
frosty fruit	2.2
maxibon	4.0
billabong	1.6
lifesaver	2.2
icy pole	1.2

Please Note

Nuts, soy, dairy, seafood and gluten products are used in our kitchen. Although we do our best to ensure cross contamination does not occur, traces of these products may be present.

Please inform us if you have an allergy.

www.flexischools.com.au

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Online Ordering