



Mount Gravatt High School Canteen Daily Menu

BREAKFAST



American Style Pancakes w strawberry jam or maple syrup	1.00
Toasties Cheese Ham and Cheese	3.00 4.00
Greek yoghurt w fresh fruit	2.50
Greek yoghurt w muesli	2.50
Fresh Fruit Cup assorted	1.50
Fresh Fruit salad bowl	3.00
Snacks	
Vege Sticks w homemade hommus	2.50
Cookie—chocolate chip	0.80
Muffins	1.50
Cup of Noodles	3.00
Chips Assorted	1.50
Apple (red) slianked	1.50
Orange (cut into eights)	1.50
Edamame Cup (soy beans)	1.00
Banana Bread	2.00
Cake—vanilla or chocolate	1.00
Boiled Egg	0.50

MORNING TEA & LUNCH

Eat well, think better.



Snack Box small: Carrot, cumber sticks, cherry tomatoes, cubed cheese, boiled egg	4.00	Garden Salad	4.00
Snack Box large: cheese, crackers, egg, carrot, cherry tomatoes, cubed cheese, dried apricot, fresh fruit	5.00	Greek salad with Fetta	5.00
Toasted Cheese Sandwich	3.00	Creamy Pasta Salad (vegan)	4.00
Toasted Ham & Cheese Sandwich	4.00	Add tuna, chicken or ham	1.00
Spaghetti Bolognese—homemade	5.00	Sandwiches Rolls Wraps	
 		Egg and lettuce	4.00
Chilli Chicken Wrap	4.50	Chicken lettuce and mayo	4.50
(Gluten free wraps available on request)		Ham and cheese	4.00
Spinach & Cheese Roll	3.20	Corned Beef, cheese & pickles	4.50
Sausage Roll	3.00	Salad Roll	3.50
 		lettuce, carrot, cucumber, tomato, beetroot	
Potato Gems (cup) (GF)	3.00	Add tuna, chicken or ham	1.00
Vege pasties (vegan)	3.20	Hot Dogs with cheese & tomato sauce	4.00
Chicken Nuggets (5) (GF option)	3.20	Beef Meatball Subs	4.00
Garlic Bread	1.50	Honey Mustard Chicken Sub	4.50
Beef Pie (available GF option)	3.20	Beef Burger w lettuce, tomato, beetroot and tomato sauce	5.00
Beef, Cheese & Bacon Pie	3.20	Chicken Burger crumbed pattie with lettuce, tomato, mayo, BBQ sauce	5.00
Tomato, BBQ, Sweet Chilli sauce	0.30	 	
Soy Sauce	0.20	Add Cheese	0.50

Don't wait in line order online! You can place orders at the Canteen or online with FlexiSchools before 8.30AM

Mount Gravatt School Canteen Daily Specials



Tandoori Chicken Wrap with lettuce, tomato, fresh mint, yoghurt \$4.50

Monday



Nachos vege & bean nachos with corn chips, grated cheese, sour cream \$3.00

Tuesday



Falafel Wrap (vegan) with home-made hommus, zatziki, lettuce, tomato, tabouli \$4.50

Wednesday



Lamb Yiros Wrap
Greek lamb with lettuce, tomato, tabouli, tzatziki \$4.50

Thursday



Mexican Chicken Wrap
spicy chicken with refried beans, lettuce, tomato, salsa, sour cream \$4.50

Friday

Special requests can be accommodated by pre-ordering just place your order at the Canteen or via FlexiSchools

Cold Drinks

Pure Water 600ml	1.50
Focus water	1.80
Waterford Mineral Water	2.50
Aloe Vera—large	3.00
Orange / Apple Juice	2.00
Lemonade (no sugar)	2.00
Grove Pink Lemonade Juice	3.00
Boost All Berry bang	3.00
Boost Energy Lift	3.00
Krazy Lemon (small/large)	1.80/3.00
Cool Ridge Flavoured Water	3.00
G Active Sports Water and Gatorade	3.50

Milk Drinks

Fresh Milk 300ml / 600ml	1.00/1.80
Breaka carton chocolate or coffee 200ml	1.50
Breaka carton chocolate or coffee 300ml	2.20
Breaka carton chocolate or strawberry 500ml	3.20
ICE Breaka Coffee flavoured 500ml	3.50
OAK Milk 600ml	3.80
OAK Thickshake	3.50

Ice Blocks

Zooper Doopers	0.50
Ice Mony Lemonade or Raspberry Fizz	0.80
The Flash	1.50
Juicie	0.80

Ice Creams

Scooby Doo	1.50
Rainbow Paddle Pop	1.50
Frozen Yogurt	2.00
Sorbet - lemon or mango	2.50
Sorbet - coconut	3.00
Gaytime - Original	3.00
Mango or Raspberry Split	2.50
Vanilla Looney Tunes Cup	1.50

Hot Drinks

Hot chocolate	2.00
Black Coffee	1.00
White Coffee	1.50
Flat White / Cappuccino	2.00

FOOD ALLERGIES

Some of the ingredients used in preparation of our menu items could contain traces of peanuts or other foods which may trigger allergic reactions. If you have an allergy please check with the canteen staff before purchasing items.