

MAITLAND GROSSMANN HIGH SCHOOL CANTEN

subject to change

SANDWICHES, WRAPS & ROLLS

\*\*\*White/Wholemeal bread\*\*\*  
\*\*\*Gluten Free Bread also available \$1.00 extra\*\*\*

Vegemite	\$ 1.00
Vegemite & Cheese	\$ 1.50
Cheese	\$ 1.50
Cheese & Tomato	\$ 1.50
Egg (with mayo)	\$ 2.70
Egg & Lettuce	\$ 3.00
Curried Egg & Lettuce	\$ 3.00
Egg Salad	\$ 4.00
Salad	\$ 3.50
Salad Deluxe	\$ 4.10
Salmon, lettuce, mayo, red onion	\$ 5.00
Rice Paper Roll -veg(order only)2 for	\$ 6.00
Rice Paper Roll -chicken(order only)2 for	\$ 6.00
Rice Paper Roll -ham(order only)2 for	\$ 6.00

Have your sandwich toasted at no additional charge-order only

SALAD BOWLS

Basic Salad	\$ 4.00
Deluxe Salad	\$ 5.00
Deluxe Salad with Egg	\$ 5.50
Deluxe Salad with Chicken	\$ 6.00
Deluxe Salad with Roast Beef	\$ 6.00
Deluxe Salad with Ham	\$ 6.00
Deluxe Salad with Salmon	\$ 7.00

EXTRA FILLINGS

Beetroot,Capsicum, Lettuce, Tomato,	
Carrot, Onion, Cucumber	.30c
Egg	.50c
Cheese	.50c
Pineapple	.50c
Meat	\$ 1.00
Falafel Balls (GF&V) (each)	.50c
Meatballs (each)	.50c

CONDIMENTS

.50c

Mayo, Pickles, Mustard, Caesar, Tomato Sauce, BBQ Sauce, Sweet&Sour Sauce

V=Vegetarian

Everyday Choices

GF = Gluten Free Option

Occasional Choices

MAITLAND GROSSMANN HIGH SCHOOL CANTEN

subject to change

FRUIT AND SNACKS

Fresh Fruit Pieces (seasonal)	.50c
Fruit Salad	\$ 3.00
Frozen fruit-Grapes	.50c
Frozen Fruit-Pineapple	.50c
Frozen Fruit-Orange Pieces	.50c
Yoghurt Cup (add fruit 50c extra)	\$ 2.00
Custard	\$ 1.00
Bliss Balls (canteen made)	.50c
Cheese & Crackers	\$ 1.00

Cobs Popcorn sea salt (GF&V)	\$2.00
Grain waves-sour cream&chives	\$2.00
Red Rock Deli crisps-sea salt	\$2.00
Cupcakes (canteen made)	\$1.50
Jelly Cups-Lime (lite)	.80c
Chocolate Mousse (Nestle)	\$2.00
Banana Bread (canteen made)	\$2.00

BREAKFAST

Egg Roll	\$ 2.50
Hash Brown Roll	\$ 3.00
Bacon Roll	\$ 3.50
Bacon&Egg Roll	\$ 4.00
Bacon&Egg Wrap	\$ 3.50
Bacon,Egg,cheese Wrap	\$ 4.00
Egg Wrap	\$ 2.50
Beef&Egg Roll plus cheese	\$ 4.50

V=Vegetarian

Everyday Choices

GF = Gluten Free Option

Occasional Choices

MAITLAND GROSSMANN HIGH SCHOOL CANTEN

subject to change

HOT FOOD

Chicken Burger-Ingham flame grilled	\$ 5.00
Cheese Burger-Lite Angel Bay Pattie	\$ 4.50
Hamburger-Lite Angel Bay Pattie	\$ 6.00
Toasted Wraps-Ham, Cheese, Tomato	\$ 4.00
Toasted Wraps-Veggie	\$ 4.00
Toasted Wraps-Spinach & Cheese	\$ 4.00
Toasted Wraps-Chicken & avocado	\$ 4.00
Toasted Wraps-Bacon/BBQ	\$ 4.00
Toasted Wraps-Chicken/cheese/BBQ	\$ 4.00
Chicken Caesar Burger	\$ 6.00
Cheese & Bacon Roll (homemade)	\$ 2.00
Hot Cheese Roll (V)	\$ 2.00
Beef & Gravy Roll (winter only)	\$ 5.00
Parmi Roll (chick tend,cheese,salsa)	\$ 6.00
Meatball Sub (cheese,pizza sauce)	\$ 5.00

Sausage Roll (lean meat)	\$ 3.50
Plain Pie (lean meat)	\$ 5.00
Hash Brown (V)	.60c
Hot Dog (frankfurt GF)	\$ 3.00
Wedges (Potato) 100gm (V)	\$ 2.00
Chicken Tender (GF option avail.)	\$ 2.00
Chicken Nuggets 6pk (GF opt. avail.)	\$ 4.00
Chicken Chips 6pk	\$ 4.00
Spring Rolls 3 pk (V)	\$ 2.00
Zac Special-chilli tender,lett,cheese	\$ 6.00
Sweet Chilli Wrap	\$ 5.00
Pizza BBQ Bacon	\$ 3.50
Pizza Ham/Pineapple	\$ 3.50
Pizza Veg	\$ 3.50
Chicken Slider (wrap,smoky BBQ,lett)4.0	\$ 4.00

Selected hot meals all year, just ask to see what's on the menu that week!!

DRINKS

Milk Plain 300ml	\$ 1.50
Flavoured Milk 300ml chocolate	\$ 2.50
Flavoured Milk 300ml strawberry	\$ 2.50
Flavoured Milk 500ml chocolate	\$ 4.00
Flavoured Milk 500ml strawberry	\$ 4.00
Flavoured Milk 500ml vanilla	\$ 4.00
Flavoured Milk 500ml caramel	\$ 4.00
Up & Go chocolate	\$ 2.50
UP & Go vanilla	\$ 2.50
Flavoured Milk 500ml iced coffee	\$ 4.00
DARE (NAS) Dble Espresso (seniors)	\$ 4.50
Orchy Juice 250ml Apple	\$ 3.00
Orchy Juice 250ml Apple/Blkcrnt	\$ 3.00
Orchy Juice 250ml Orange	\$ 3.00
Orchy Juice 250ml Orange/Passio	\$ 3.00
Orchy Juice 250ml Pineapple	\$ 3.00
Orchy Juice 375ml Orange	\$ 4.00
Orchy Juice 375ml Orange/Passio	\$ 4.00
Orchy Juice 375ml Apple	\$ 4.00

Water 600ml OZ2o	\$ 1.00
Water 600ml Frantelle	\$ 1.00
Chill Aloe-Grape	\$ 3.50
Chill Aloe-Watermelon	\$ 3.50
Waterford's sparkling Raspberry	\$ 3.00
Waterford's sparkling Passionfruit	\$ 3.00
Chill Ice Tea-Mango	\$ 3.50
Chill Ice Tea-Peach	\$ 3.50
Chill Ice Tea-Blackcurrant	\$ 3.50
Chill Ice Tea-Raspberry	\$ 3.50
Chill Ice Tea-Lemon	\$ 3.50
Juice Bomb 250ml watermelon	\$ 2.50
Juice Bomb 250ml lemonade	\$ 2.50
Juice Bomb 250ml orange passio	\$ 2.50
Juice Bomb 250ml apple/blackcurrnt	\$ 2.50
Juice Bomb 250ml apple/raspberry	\$ 2.50
Juice Bomb 250ml apple/cola	\$ 4.00
Juice Bomb 500ml grape	\$ 4.00

V=Vegetarian

Everyday Choices

GF = Gluten Free Option

Occasional Choices

MAITLAND GROSSMANN HIGH SCHOOL CANTEN

subject to change

ICE BLOCKS

Juicies Tubes Wildberry (GF)	\$ 1.50
Juicies Tubes Lemonade (GF)	\$ 1.50
Juicies Tubes Orange (GF)	\$ 1.50
Snap Stix-Red Raspberry (GF)	\$ 1.00
Snap Stix-Blueberry (GF)	\$ 1.00
Snap Stix-Grape (GF)	\$ 1.00
Frozen Juice Cup (flavour varies)	\$ 1.00
Frozen Milk Cup (flavour varies)	\$ 1.00

Yoghurt-twisted (GF)	\$ 2.50
Ice Cream tub-vanilla (GF)	\$ 1.20
Ice Cream tub-chocolate	\$ 1.20
Moosies (choc)	\$ 1.50
Moosies (strawberry)	\$ 1.50

Volunteers are always welcome at the canteen, if you can spare a few hours during the week please call on 0249 335 792 or Belinda on 0439 438 516