

Sandwiches

(Wholemeal bread only)

TOASTED 50c EXTRA

Sandwiches available every day

Honey	\$3.50
Vegemite	\$2.50
Cheese	\$4.50
Cheese/vegemite	\$4.70
Tomato	\$4.50
Cheese/Tomato	\$5.00
Ham	\$5.00
Cheese/Ham	\$5.50
Cheese/Ham/Tom	\$6.00
Salad	\$4.50
Cheese/Salad	\$5.50
Ham/Salad	\$6.00
Ham/Cheese/Salad	\$6.50

Please provide a suitable container for your order
Or
For a paper bag add \$1

Sprout Term 4

Monday

Tofu Rice Paper Rolls **\$3.50**each
House-marinated Tofu (GF Kecap Manis, GF soy sauce), rice vermicelli, rice paper, cucumber, herbs, house-pickled carrot (salt, sugar, vinegar), hoisin sauce (contains gluten), fried shallots
Vegan

Tuesday

Pizza - Grades 3 & 4 **\$5**
House made dough (flour, water, oil, yeast)
House made sauce (tomatoes, herbs, onions, garlic)
Margarita only
Vegan option available (vegan cheese) - \$1 extra

Take Home Meals available for pick up at the canteen from 3.15pm. OSHC orders can be placed over the phone (delivered to OSHC around 4pm, ready for you to pick up with your child). All meals are Vegan and generally \$15 per litre

Wednesday

Roti Wrap **\$7**
Basically, an Indian taco with mildly spiced potatoes, a mint and coriander yoghurt drizzle (raita), fresh cucumber and lettuce, folded in a delicious, toasted roti
Vegan option available (raita without yoghurt)

Thursday

Pizza - F/1/2 and Grades 5 & 6 **\$5**
House made dough and sauce (as above)
Margarita only
Vegan option available (vegan cheese) - \$1 extra

Friday

Spinach and Cheese Crustless Quiche **\$6**
Feta, tasty cheese, spinach, egg, milk, flour

Snacks

Biscuits & Muffins	\$2.50
(Vegan options available)	
Popcorn	\$2.50
Fruit/baby carrot	\$1
Pretzels	\$2.50 per bag
Icy pole	\$2.50
Licorice	50c per piece \$2 for 5

Birthday cakes can be ordered via our email address below. They are nut/dairy/egg free, suitable for classroom sharing. Chocolate or Vanilla. Please order at least one week in advance - \$25 each
Please advise your classroom teacher

Morning Cafe

Coffee/Hot Choc	\$4.50
Large (Mug)	\$5.50
Tea (Black or herbal)	\$3
Kids Hot Chocolate	\$2.50
Baby-chino	50c
House-made Chai	\$6

Sprout is nut free
All cheese is suitable for vegetarians
All meat when used is halal

Please contact us with any queries at:
sproutcanteen@gmail.com

(Term 4, 2023)

