

Sandwiches

(Wholemeal bread only)
TOASTED 50c EXTRA

Sandwiches available
every day

Honey	\$4.00
Vegemite	\$3.00
Cheese	\$5.00
Cheese/vegemite	\$5.50
Tomato	\$4.50
Cheese/Tomato	\$5.50
Ham	\$6.00
Cheese/Ham	\$6.50
Cheese/Ham/Tom	\$7.00
Salad	\$6.00
Cheese/Salad	\$6.50
Ham/Salad	\$7.00
Ham/Cheese/Salad	\$7.50

Please provide a suitable
container for your order

Or

For a paper bag add \$1

Or

Reusable lunch box add \$3

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

Sprout Menu

Term 3



Monday

Cheese and Spinach Triangle	\$7
Ricotta, feta, mozzarella, cheddar cheese, spinach & onion, puff pastry	
Sausage Roll - new larger size	\$7
Premium beef mince, onion, carrot, zucchini, breadcrumbs, puff pastry	

Take Home Meals pick up at Sprout
from 3.15pm. Orders can be placed
over the phone for OSHC or following
day pick-up.
Generally **\$18 per litre**

Tuesday

Cheesy Mite Scrolls	\$5
Dough, vegemite & cheese	

Wednesday

Chicken Gyoza - 4 per serve	\$7
Chicken, mince, cabbage, spring onion, soy, sesame oil, garlic & ginger	

Thursday

Pizza (House-made)	\$6
Margherita only	
Dough: flour, olive oil, salt, yeast, sugar Sauce; tomatoes, onion, garlic, basil/herbs, cheddar & mozzarella	
Vegan option - vegan cheese	\$7

Friday

Mac & Cheese	\$7
Macaroni, onion, milk, cheese, dijon mustard, garlic & breadcrumbs.	

Snacks

Biscuits	\$2.50
Muffins	\$3.00
Popcorn	\$2.50
Pretzels - per bag	\$2.50
Hot Chocolate	\$2.50
Licorice - per piece	\$0.50
- 5 per bag	\$2.00
Kris Balls	\$2.00
Popcorn Bars	\$2.50

Morning Cafe

Coffee extra shot + 50c	\$5.00
Iced coffee available	
Large (Mug, 2 shots)	\$6.00
Oat or soy + 50c	
Hot Chocolate	\$5.50
Tea (Black or herbal)	\$3.00
Kids Hot Chocolate	\$2.50
Baby-Cino	\$0.50
House-made Chai	\$6.00

**Sprout is nut free. All cheese is
suitable for vegetarians. All meat
(other than ham & pork) is halal.**

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