

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 3

Monday

Sandwiches and toasties only

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

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

Wednesday

Veggo Bolognese Pasta Bake \$6

Don't forget a container and fork!

Bolognese style sauce made with red lentils, veggies, and saucy tomatoes, pasta, cheese, crunchy breadcrumb topping

Vegan option available (no Cheese) - \$5

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

Chicken Sausage Roll \$7

Chicken mince (halal), onion, herbs, breadcrumbs, carrot, zucchini, puff pastry

Cheese & Spinach triangle \$5

Ricotta, feta, spinach, onion, nutmeg, puff pastry

Snacks

Biscuits & Muffins	\$2.50
(Vegan options available)	
Popcorn	\$2.50
Fruit	\$1
Pretzels	\$2.50 per bag
Sml Hot Chocolate	\$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

