

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 – Foundies/Grades 1/2/3/4

Pizza (House-made) – Margherita **\$5**

Dough: flour, olive oil, salt, yeast, sugar
Sauce; tomatoes, onion, garlic, basil/herbs

Vegan option available – vegan cheese **\$6**

Wednesday

Bean Burrito **\$7**

(Mexican bean mixture, flour tortilla,
sour cream, cheese and lettuce)

Vegan option available

– vegan cheese, no sour cream **\$8**

Thursday

Sausage Roll **\$7**

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

Spinach and Cheese Triangle **\$6**

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

Friday – Grades 5 & 6 only

Pizza (Housemade) – Margherita **\$5**

Dough: flour, olive oil, salt, yeast, sugar
Sauce; tomatoes, onion, garlic, basil/herbs

Vegan option available – vegan cheese **\$6**

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 (bag)

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
Hot Chocolate	\$5
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