

Sandwiches

(Wholemeal bread only)

**Sandwiches available
every day**

TOASTED 50c EXTRA

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 Mondays
3.15pm - 3.30pm
from \$15 per litre**

Tuesday

Pasta Bake \$4.50
Creamy tomato and peas pasta baked with cheese.
(A container must be provided. Don't forget
your fork!)

Wednesday

Bean Burrito \$7
Tortilla, bean and corn mix, cheese, sour cream,
lettuce
(Vegan option available - \$1 extra)

Thursday

Pizza \$4.50
House made dough (flour water, oil, yeast)
House made sauce (tomatoes, herbs, onions, garlic)
Margarita only
(Vegan option available - \$1 extra)

Friday

Sausage Roll \$6
Beef mince, onion, carrot, zucchini, dried herbs,
breadcrumbs, puff pastry
Cheese & Spinach Triangle \$5
Spinach, ricotta, feta, onion, nutmeg, puff pastry

Snacks

Biscuits & Muffins	\$2.00
(Vegan options available)	
Popcorn	\$2.00
Fruit	\$1
Pretzels	\$2 per bag
Hot Chocolate	\$3
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 - \$20 each**

Sprout is nut free
All cheese is suitable for vegetarians

Morning Cafe

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

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

(Term 3, 2022)

