

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

Sandwiches and toasties only

**Take Home Meals Available Mondays
3.15pm - 3.30pm
from \$15 per litre**

Tuesday

Tofu Rice paper roll \$3 each

Rice paper, rice noodles, tofu (marinated in-house - soy, kecap manis, ginger), cucumber, pickled carrot (pickled in-house - sugar, salt, vinegar), fried shallots (vegan)

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

Middle Eastern style Wrap \$7

Chicken - marinated chicken, yoghurt/garlic sauce, cucumber, lettuce, Lebanese bread

Falafel - falafel, tahini sauce, tomato, lettuce (vegan)

Snacks

Biscuits & Muffins	\$2.00
(Vegan options available)	
Popcorn	\$2.00
Fruit	\$1
Pretzels	\$2 per bag
Icy pole	\$2
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
*Please advise your classroom teacher***

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

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**

