**Sprout Term 1**

**Sandwiches**

(Wholemeal bread only)

**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

**TOASTED 50c EXTRA**

**Tuesday**

**Summer Bocconcini Roll $7**

White roll with bocconcini, house-made pesto (nut free – basil, pepitas, sunflower seeds, garlic, olive oil, lemon), tomato, lettuce

**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**

**Friday**

**Middle Eastern style Wrap $7**

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

**Falafel** – falafel, tahini sauce, tomato, lettuce (vegan)

**Please provide a suitable container for your order**

**Or**

**For a paper bag add $1**

\***Please note for Term One**

**If the temperature is predicted to be above 33 degrees, pizza will not be made on that day**

**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

 **(Term 1, 2023)**