

Sandwiches

(Wholemeal bread only)

TOASTED 50c EXTRA

**Sandwiches available
every day**

Honey	\$3.50
Vegemite	\$2.50
Cheese	\$5.00
Cheese/vegemite	\$5.20
Tomato	\$4.50
Cheese/Tomato	\$5.50
Ham	\$5.50
Cheese/Ham	\$6.00
Cheese/Ham/Tom	\$6.50
Salad	\$5.00
Cheese/Salad	\$6.00
Ham/Salad	\$6.50
Ham/Cheese/Salad	\$7.00

**Please provide a suitable
container for your order
Or
For a paper bag add \$1**

Sprout Term 2

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 \$17 per litre

Tuesday

Bean Quesadilla **\$7**

Mexican style beans, cheese, sour cream, sandwiched between 2 small tortillas and toasted. GF Available.

Wednesday

Vegetarian Bolognese pasta **\$7**

Lentil Bolognese pasta bake with cheese

A container and eating utensil *must* be provided

Thursday

Pizza (House-made)

Margherita only **\$6**

Dough: flour, olive oil, salt, yeast, sugar

Sauce; tomatoes, onion, garlic, basil/herbs

Vegan option available – vegan cheese **\$7**

Friday

Sausage Roll **\$8**

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

Cheese and Spinach Triangle **\$7**

Ricotta, Fetta, spinach, onion, puff-pastry

Snacks

Biscuits & Muffins	\$2.50
(Vegan options available)	
Popcorn	\$2.50
Fruit	\$1
Pretzels	\$2.50 per bag
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	\$5.00
Large (Mug)	\$6.00
Hot Chocolate	\$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

(Term 2, 2025)

