

2023 CANTEEN MENU

Hot Food

Corn on the Cob	\$1.50
Garlic Bread	\$2.50
Party Pie	2 for \$3.00
Hot Cheese Roll	\$3.20
Chicken Nuggets	4 for \$3.50 6 for \$5.00
Cheese & Broccoli Bites	4 for \$3.50 6 for \$5.00
Chicken Dim Sim Cup	\$3.50
Hot Dog w/ Sauce	\$4.00
Sausage Roll - Large	\$4.00
Spinach & Ricotta Roll	\$4.00
Hot Chicken Roll	\$4.20
Pizza Slab	\$4.50
<small>Cheese, Ham/Pineapple or BBQ Chicken</small>	
Hot Chicken & Cheese Roll	\$4.60
Traveller Pie	\$4.60

Burgers

No changes or substitutions are available.

Chicken Burger Lettuce & Mayo	\$5.00
Cheese Burger Beef, Cheese & BBQ Sauce	\$5.00
Veggie Burger Lettuce & Mayo	\$5.00
Beef/Salad Burger Lettuce, Tomato & BBQ Sauce	\$5.20

Pasta & Rice

Macaroni & Cheese	\$5.00
Butter Chicken & Rice	\$5.00
Beef or Vegetable Lasagne	\$5.00
Fried Rice - Vegetarian	\$5.00
Nachos	\$5.00

Build Your Own Sub Roll

Sub rolls baked fresh everyday!

\$5.50

One (1) choice of meat, and any fillings or sauces.

1. Choose a Meat:

Chicken Breast, Ham, Tuna, Meatballs or Roast Beef

2. Choose Fillings:

Carrot, Cheese, Tomato, Lettuce, Cucumber or Beetroot.

3. Choose Sauce/Dressing:

Caesar, Garlic Aioli, Sweet Chilli, Tomato, BBQ, Mayo or Sweet Mustard.

Sandwiches & Wraps

All sandwiches made on wholemeal bread

Upgrade Wrap	\$0.80
Vegemite, Jam or Cheese	\$2.50
Tuna or Egg	\$3.50
Ham or Chicken	\$4.20
Salad Sandwich	\$4.20
<small>Lettuce, Tomato, Cucumber, Beetroot & Carrot</small>	
Salad w/ Tuna or Ham	\$4.50
Salad w/ Chicken	\$5.00
Extras (including Toasting)	\$0.60
<small>Cheese, Avocado, Sprouts</small>	

Hot Wraps

Toasted Ham/Cheese	\$5.00
Chicken Tender w/ Lettuce & Mayo	\$5.50
Chicken Caesar	\$5.80

Sushi

Available Monday & Friday only

Sushi Rolls	\$4.90
Rice Paper Rolls	\$4.90
Sushi Boxes	\$6.80

Flavours available online

Salads

	Small	Large
Garden Salad	\$4.50	\$5.20
<small>Lettuce, Tomato, Cucumber, Beetroot & Carrot</small>		
w/ Ham or Tuna	\$5.20	\$6.00
w/ Chicken	\$5.20	\$6.00
Chicken Caesar Salad	\$5.50	\$6.00
Greek Salad	\$5.50	\$6.00
Extras		\$0.70 each
<small>Cheese, Avocado, Sprouts, Egg or Capsicum</small>		

Drinks

Bottled Water 600ml	\$2.00
Plain Milk 300ml	\$2.20
Juice Popper	\$2.60
Flavoured Milk 300ml (3 Flavours)	\$3.00
Juice Bomb Sparkling Juice	\$3.00
Up 'n' Go	\$3.20

Please note that while we take great care to ensure the correct flavour drink or ice block is provided, some substitutions may occur due to circumstances out of our control.

Cold Treats

Quelch Fruit Stick	\$1.00
Frozen Juice Cup	\$1.50
Snap Stix Ice Block	\$1.50
Icy Mony	\$1.50
Moosie Pouch	\$1.80
Juicee Tube	\$1.80
Lemonade on a Stick	\$1.50

All cold treats are to be collected from the canteen by returning brown lunch bag

Snacks

Laughing Cow Cheese	\$1.20
Carrot Sticks	\$1.20
Piece of Fruit	\$1.50
Boiled Egg	\$1.20
Popcorn	\$1.50
Custard Cup	\$2.00
Fruit Salad - Riviana	\$2.00
Fruit Salad - Fresh	\$4.00
Banana Bread Slice	\$3.00
Red Rock Chips	\$2.00
Grainwaves	\$2.00

Bento Box \$5.50

Your choice of Chicken Tender, Corn Cob or Boiled Egg PLUS 1/2 Sandwich, Mini Muffins, Sliced Fruit, and Popcorn

Don't wait in line!

Jump the queue by ordering online and having your lunch delivered right to the classroom!

Recess orders can be collected from the canteen.

For a detailed menu, weekly specials and to order online, visit

spriggyschools.com.au

Lunch order cut off time is 9.00 am

Gluten Free and Halal menus are available online.



Classroom Catering supports a focus on everyday healthy food & drink options and is fully compliant with the NSW Healthy School Canteen food & drink benchmarks.



ORDER ONLINE!



Skip the queue, and pre-order online through spriggyschools.com.au