

Sandwiches

(Wholemeal bread only)

TOASTED 50C

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 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 \$15 per litre

Tuesday - foundies/grades 1 & 2 only

Pizza (Housemade) - Margherita \$5

Dough; flour, olive oil, salt, yeast, sugar
Sauce; onions, garlic, tomatoes, basil

Vegan option available - vegan cheese \$6

Wednesday

Baked potato \$4

Potato, corn, cheese, sour cream, chives

Vegan option available \$5

Vegan cheese

(Please provide a container)

Thursday

Sausage Roll \$7

Beef mince (halal), onions, carrot, zucchini, herbs,
breadcrumbs, puff pastry

Cheese and spinach triangle \$6

Ricotta, spinach, onion, nutmeg

Friday

Tuesday - Grades 3/4 & 5/6 only

Pizza (Housemade) - Margherita \$5

Vegan option available - vegan cheese \$6

Snacks

Biscuits & Muffins	\$2.50
(Vegan options available)	
Popcorn	\$2.50
Fruit	\$1
Bag of Pretzels	\$2.50
Icy pole	\$2.50
5ml Hot Chocolate	\$2.50
Licorice	50c per piece \$2 for 5 (bag)

Birthday cakes can be ordered via our email address below. They are vegan, nut/dairy/egg free, suitable for classroom sharing. Chocolate or Vanilla. Please order at least one week in advance - \$25 each

Morning Cafe

Coffee	\$4.50
Large (Mug)	\$5.50
Hot Chocolate	\$5
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
Please contact us with any queries at:

sproutcanteen@gmail.com

