

SCHOOL KITCHEN SMART CHOICES

MENU TERM THREE 2022



WEEKLY SPECIALS- \$5.00 each

wk 1-	11 Jul-	No Special
wk 2-	18 Jul-	Cheeseburger ●
wk 3-	25 Jul-	Honey & Soy Chicken Hokkien Noodles ●
wk 4-	1 Aug-	Sushi (Karaage Chicken or Teriyaki) ●
wk 5-	8 Aug-	Macaroni Bolognaise ●
wk 6-	15 Aug -	Chicken & Bacon Fried Rice ●
wk 7-	22 Aug-	Pulled Pork Tacos ●
wk 8-	29 Aug-	Chilli Con Carne with rice ●
wk 9-	5 Sep-	Butter Chicken ●
wk 10-	12 Sep-	Hotdog with Cheese and tomato sauce ●

Smart Choices uses a green, amber & red traffic light ratings system of food and drink classification based on nutrient content, and is aligned with the Australian Dietary Guidelines.

green - good; amber - select carefully; red - occasional

SANDWICHES

Vegemite ●	\$3.00
Vegemite & Cheese ●	\$3.50
Cheese ●	\$3.00
Tomato & Cheese ●	\$3.50
Ham & Cheese ●	\$3.50
Chicken, Cheese & Mayonnaise ●	\$4.00
Ham & Salad ●	\$4.50
Ham, Cheese & Tomato ●	\$4.00
<i>White or Wholemeal</i>	
<i>Gluten Free option available – please order 24hrs in advance</i>	
Toasted	.50c
Toast your sandwich from home	.50c
To add Salad to any sandwich	\$1.00

WRAPS

Bacon and Egg Wrap ●	\$4.50
<i>scrambled egg, bacon, cheddar cheese, hash brown, aioli</i>	
Sweet Chilli Chicken Tender Wrap ●	\$4.50
<i>chicken tender, tomato, carrot, cucumber, sweet chilli sauce</i>	
Ham Wrap ●	\$4.50
<i>shaved ham, tomato, cucumber, carrot and cheese</i>	

Gluten Free and Vegetarian options available – please order 24hrs in advance

MELTS

Chicken & Bacon Melt ●	\$4.50
<i>chicken, bacon, cheese, tomato relish, mini hash brown</i>	
Supreme Melt ●	\$4.50
<i>capsicum, onion, pepperoni, sausage, mozzarella cheese</i>	
Chicken Parmi Melt ●	\$4.50
<i>chicken parmi, napoli sauce, ham, mozzarella cheese</i>	

PASTRIES

Small Pie ●	\$2.50
Small Sausage Roll ●	\$2.50
Large Bacon & Cheese ●	\$4.50
Large Potato Top Pie ●	\$4.50
BBQ or Tomato Sauce	.50c

SMALL BITES

Mini Churros x2 ●	\$2.50
Jelly Cup ●	\$1.50
Jelly & Custard ●	\$2.00
Apple Slinky ●	\$1.00
Fresh Fruit, Yoghurt & Muesli Parfait ●	\$2.50
Frozen Yoghurt ●	\$2.50
<i>strawberry & vanilla, mango & watermelon, vanilla & chocolate</i>	
Garlic Bread ●	\$1.50
Mini Calippo ●	\$1.50
<i>raspberry, pineapple</i>	

HOUSEMADE BAKED GOODS

Slice ●	\$1.50
<i>chocolate, gf chocolate, peppermint, caramel</i>	
Brownie ●	\$1.50
<i>chocolate chip, gf brownie</i>	
Muffin ●	\$2.00
<i>chocolate chip, apple cinnamon</i>	

DRINKS

Fruit Juice 500 ml ●	\$3.00
<i>orange & passionfruit, orange & mango</i>	
Just Juice 200 ml ●	\$2.00
<i>apple, orange or paradise punch</i>	
Bottled Water 600 ml ●	\$2.00
Flavoured Milk 250 ml ●	\$3.00
<i>strawberry or chocolate</i>	
Flavoured Milk 500 ml ●	\$4.00
<i>strawberry, chocolate, iced coffee</i>	
Sparkling Water 250ml	\$3.00

Birthday Cupcakes or Mini Muffins - \$2.00 each

Delivered to your child's class at the end of lunch.

48 hours' notice is required. minimum of 18 per order.