

SCHOOL KITCHEN SMART CHOICES

MENU TERM FOUR 2022



WEEKLY SPECIALS- \$5.00 each

wk 1-	4 Oct - No Special
wk 2-	10 Oct - Cheeseburger ●
wk 3-	17 Oct - Chicken Karaage or Teriyaki sushi ●
wk 4-	24 Oct - Mini Pizza - Pepperoni or Hawaiian ●
wk 5-	31 Oct - Honey Soy Chicken sticks ●
wk 6-	7 Nov - Chicken and cheese burger ●
wk 7-	14 Nov - Butter chicken with rice ●
wk 8-	21 Nov- Hot dog with cheese and 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, bbq sauce</i>	
Chicken Wrap of the day ●	\$4.50
<i>chicken, tomato, carrot, cucumber, lettuce, cheese</i>	
Peri Peri Chicken Wrap ●	\$4.50
<i>diced chicken, tomato, cucumber, carrot,, lettuce and peri peri sauce</i>	
<i>Gluten Free and Vegetarian options available – please order 24hrs in advance</i>	

MELTS

BBQ Meatlovers Melt ●	\$4.50
<i>beef, bacon, cheese, pepperoni, chicken</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 Sausage roll ●	\$4.00
Large Bacon & Cheese or Steak pie ●	\$4.50
Puffy Dog, Bacon & Cheese or BBQ ●	\$4.00

SMALL BITES

Mini Churros x2 ●	\$2.50
Jelly Cup ●	\$1.50
Jelly & Custard ●	\$2.00
Apple Slinky ●	\$1.50
Fresh Fruit Salad ●	\$2.00
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>Muffin of the day or 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 Flavoured 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.