

SCHOOL KITCHEN SMART CHOICES

MENU TERM ONE 2023



Caloundra City
Private School



WEEKLY SPECIALS- \$5.00 each

wk 1-	23 Jan - No Special
wk 2-	30 Jan - Macaroni Bolognese ●
wk 3-	6 Feb - Cheeseburger ●
wk 4-	13 Feb - Sushi (Salmon Stack or Teriyaki Chicken) ●
wk 5-	20 Feb - Sweet and Sour Pork ●
wk 6-	27 Feb - Loaded Potato Gems ●
wk 7-	6 Mar - Crumbed Fish Fingers and Wedges ●
wk 8-	13 Mar - Chicken and Bacon Fried Rice ●
wk 9-	20 Mar - Mini Pizza (Pepperoni or BBQ Chicken and Bacon) ●
wk 10-	27 Mar - 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, Jam or Honey ●	\$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

White or Wholemeal

Gluten Free option available – please order 24hrs in advance

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 Caesar Wrap ●	\$4.50
<i>chicken, bacon, croutons, lettuce, parmesan, Caesar dressing</i>	
Sweet Chilli Chicken Tender Wrap ●	\$4.50
<i>chicken tender, tomato, carrot, crispy lettuce, cucumber, aioli sauce</i>	

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

MELTS

BBQ Meatlovers Melt ●	\$4.50
<i>beef, bacon, chicken, pepperoni, cheese, bbq sauce</i>	
Supreme Melt ●	\$4.50
<i>capsicum, onion, pepperoni, sausage, mozzarella cheese</i>	
Chicken Parmi Melt ●	\$4.50
<i>chicken pardi, napoli sauce, ham, mozzarella cheese</i>	

Birthday Cupcakes or Mini Muffins - \$2.00 each

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

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

PASTRIES

Small Pie ●	\$2.50
Small Sausage Roll ●	\$2.50
Large Potato Top or Steak pie ●	\$4.50
Bacon & Cheese or BBQ Puffy Dog ●	\$4.00
BBQ or Tomato Sauce	.50c

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>	
Ice Fruit Juices ●	\$1.50
<i>lemon, sour watermelon, sour strawberry</i>	
J. J Snack Chips ●	\$2.50
<i>pizza, chicken, salt and vinegar</i>	
Popcorn ●	\$1.00

HOUSEMADE BAKED GOODS

Slice ●	\$1.50
<i>chocolate, gf chocolate, peppermint, caramel</i>	
Brownie ●	\$1.50
<i>chocolate chip, gf brownie</i>	
Cake ●	\$2.50
<i>banana, orange</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 ●	\$3.00
Sparkling Flavoured Water 250ml ●	\$3.00
Flavoured Milk 250 ml ●	\$3.00
<i>strawberry or chocolate</i>	
Flavoured Milk 500 ml ●	\$4.00
<i>strawberry, chocolate, iced coffee</i>	