

# SCHOOL KITCHEN SMART CHOICES

## MENU TERM TWO 2023



Caloundra City  
Private School



### WEEKLY SPECIALS- \$5.00 each

wk 1-	17 Apr - No Special
wk 2-	24 Apr - Sweet and Sour Pork ●
wk 3-	1 May - Roast Chicken and Gravy roll ●
wk 4-	8 May - Cheeseburger ●
wk 5-	15 May - Pork Riblet Sub ●
wk 6-	22 May - Steamed Dim Sims ●
wk 7-	29 May - Butter Chicken ●
wk 8-	5 Jun - Macaroni Bolognese ●
wk 9-	12 Jun - 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, Strawberry 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 available	
Gluten Free bread	\$1.00
Toasted	.50c
Toast your sandwich from home	.50c
To add Salad to any sandwich	\$1.00

### WRAPS

Bacon and Egg Wrap ●	\$4.50
scrambled egg, bacon, cheddar cheese, hash brown, bbq sauce	
Teriyaki Chicken Wrap ●	\$4.50
chicken, crispy lettuce, carrot, cucumber, kewpie mayo	
Sweet Chilli Chicken Tender Wrap ●	\$4.50
chicken tender, tomato, carrot, crispy lettuce, cucumber, sweet chili sauce	
Gluten Free and Vegetarian options available – please order 24hrs in advance	

### MELTS

Cheeseburger Melt ●	\$4.50
Beef pattie, secret burger sauce and cheese and turkish	
Mexican Melt ●	\$4.50
Taco mince, rice, salsa, cheese and corn chip crunch	
Chicken Parmi Melt ●	\$4.50
chicken parmi, napoli sauce, ham, mozzarella cheese	

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 Sausage Roll ●	\$4.00
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
strawberry & vanilla, mango & watermelon, vanilla & chocolate	
Garlic Bread ●	\$1.50
Mini Calippo ●	\$1.50
raspberry, pineapple	
Ice Fruit Juices ●	\$1.50
lemon, sour watermelon, sour strawberry	
J. J Snack Chips ●	\$2.50
pizza, salt and vinegar	
Popcorn ●	\$1.00

### HOUSEMADE BAKED GOODS

Slice ●	\$1.50
chocolate, gf chocolate, caramel	
Brownie ●	\$1.50
chocolate chip, gf brownie	
Cake ●	\$2.50
banana, orange, chocolate	

### DRINKS

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