

SCHOOL KITCHEN SMART CHOICES

MENU TERM FOUR 2023



Caloundra City
Private School



WEEKLY SPECIALS- \$5.00 each

wk 1-	2 Oct - No Special	
wk 2-	9 Oct - Sushi Teriyaki Chicken	●
wk 3-	16 Oct - Cheeseburgers	●
wk 4-	23 Oct - Ham and Cheese Croissant	●
wk 5-	30 Oct - Meatball Sub	●
wk 6-	6 Nov - Crumbed fish fingers and wedges	●
wk 7-	13 Nov - Chicken Enchiladas	●
wk 8-	20 Nov - Hotdogs 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		
Crumbed Chicken Caesar	●	\$4.50
chicken tender, crispy lettuce, parmesan, croutons, Caesar dressing		
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

BBQ Meatlovers Melt	●	\$4.50
beef, chicken, pepperoni, sausage, bbq sauce and cheese on 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

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

PASTRIES

Small Pie	●	\$2.50
Small Sausage Roll	●	\$2.50
Large Sausage Roll	●	\$4.00
Steak Pie or Bacon and Cheese 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
choc and banana, mango & watermelon, vanilla & caramel		
Garlic Bread	●	\$1.50
Mini Calippo	●	\$1.50
raspberry, pineapple		
Ice Fruit Juices	●	\$1.50
lemon, sour watermelon, sour strawberry		
Red Rock and Grain waves Chips	●	\$2.50
honey and soy, sour cream and chives		
Popcorn	●	\$1.00

HOUSEMADE BAKED GOODS

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

DRINKS

Fruit Juice 500 ml	●	\$3.50
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
Groove Sparkling Water 250ml		\$3.50
Flavoured Milk 250 ml	●	\$3.00
strawberry or chocolate		
Flavoured Milk 500 ml	●	\$4.00
strawberry, chocolate, iced coffee		