

# SCHOOL KITCHEN SMART CHOICES

## MENU TERM TWO 2024



Caloundra City  
Private School



### WEEKLY SPECIALS- \$5.50 each

wk 1-	15 Apr – No Special
wk 2-	22 Apr – Chicken, bacon and vegetable fried rice ●
wk 3-	29 Apr – Chicken Nuggets x 8 ●
wk 4-	06 May – Sweet and Sour Pork ●
wk 5-	13 May – Loaded Potato Gems ●
wk 6-	20 May – Cheeseburgers ●
wk 7-	27 May – Butter Chicken with Rice ●
wk 8-	03 Jun – Teriyaki Chicken Sushi ●
wk 9-	10 Jun – 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 & SALADS

Bacon and Egg Wrap ●	\$4.60
scrambled egg, bacon, cheddar cheese, hash brown, bbq sauce	
Sweet Chili Chicken Tender ●	\$4.60
chicken, tomato, carrot, crispy lettuce, cucumber, sweet chilli sauce	
Smokey BBQ Beef ●	\$4.60
shaved beef, carrot, cucumber, crispy lettuce, tomato, smokey bbq sauce	
Gluten Free and Vegetarian options available – please order 24hrs in advance	

### MELTS

BBQ Meatlovers Melt ●	\$4.60
beef, chicken, pepperoni, sausage, bbq sauce and cheese on Turkish	
Mexican Melt ●	\$4.60
taco mince, rice, salsa, cheese and corn chip crunch	
Chicken Parmy Melt ●	\$4.60
chicken parmy, napoli sauce, ham, mozzarella cheese	

Birthday Cupcakes or Mini Muffins - \$2.50 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 ●	\$2.70
Small Sausage Roll ●	\$2.70
Large Sausage Roll ●	\$4.20
Steak Pie or Bacon and Cheese Pie ●	\$4.50
Bacon & Cheese or BBQ Puffy Dog ●	\$4.20
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
vanilla & caramel, mango & watermelon, strawberry & vanilla	
Garlic Bread ●	\$1.50
Ice Popz ●	\$2.50
sour grape, sour lemon	
Frozen Milk Moosies ●	\$2.00
chocolate, blue moon, 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, chocolate, apple crumble shortcake	

### DRINKS

Fruit Juice 500 ml ●	\$3.50
orange & passionfruit, orange & mango	
Just Juice 200 ml ●	\$2.00
apple, apple blackcurrant, orange or paradise punch	
Bottled Water 600ml ●	\$3.00
Krazy Lemon 500ml ●	\$4.00
Sparkling Water Mount Franklin 250ml ●	\$3.00
Groove Sparkling Water 350ml	\$3.50
Flavoured Milk 250ml (strawberry, choc) ●	\$3.10
Flavoured Milk 500ml (choc, iced coffee) ●	\$4.10