

Check the Canteen Blackboard for Daily Specials!



## BUILD YOUR OWN SUB ROLL

**\$5.50**

Sub rolls baked fresh everyday!

Includes:

One (1) choice of meat, and any fillings or sauces.

1. Choose a Meat:

Chicken Breast, Ham, Tuna, Meatballs or Roast Beef

2. Choose Fillings:

Carrot, Cheese, Tomato, Lettuce, Cucumber or Beetroot.

3. Choose Sauce/Dressing:

Caesar, Garlic Aioli, Sweet Chilli, Tomato, BBQ, Mayo or Sweet Mustard.

*Don't Wait In Line...*  
Jump the queue by booking online, and collecting your order from the express window!

Lunch order cut off  
**9am**

*Order Online!*  
For a more detailed menu and to order online, please visit [spriggyschools.com.au](http://spriggyschools.com.au)

*Dietary Requirements?*  
Gluten Free and Halal menus are available online

## HOT FOOD

Hot Cheese Roll	\$3.50
Hot Dog w/ Sauce	\$4.00
Sausage Roll	\$3.50
Spinach & Ricotta Roll	\$3.80
Hot Chicken Roll w/ gravy	\$4.50
Meat Pie	\$4.50
Chicken Schnitzel Roll	\$6.00

## BURGERS

Chicken Burger	\$5.50
Lettuce & Mayo	
Beef/Salad Burger	\$5.50
Lettuce, Tomato & BBQ Sauce	
Veggie Burger	\$5.50
Lettuce & Mayo	
Chicken/Cheese Burger	\$5.50
Lettuce, Cheese & Mayo	
Cheese Burger	\$5.50
Meat, Cheese & BBQ Sauce	

## PASTA & RICE

Pasta Bolognese	\$5.00
Beef Lasagne	\$5.00
Vegetable Lasagne	\$5.00
Butter Chicken & Rice	\$5.00

## SUSHI ROLLS

Chicken & Cucumber	\$4.00
Tuna & Cucumber	\$4.00
Chicken Terriyaki	\$4.00
Veggie Sushi	\$4.00

## HOT WRAPS

Toasted Cheese Wrap	\$3.50
Toasted Ham/Cheese Wrap	\$4.00
Chicken Tender Wrap	\$5.50
Chicken Caesar Wrap	\$5.50

## SANDWICHES ROLLS & WRAPS

All sandwiches made on wholemeal bread

Upgrade to Roll or Wrap	\$0.50
Egg, Lettuce & Mayo	\$3.50
Tuna, Lettuce & Mayo	\$4.00
Ham, Chicken or Salmon	\$4.20
Salad Sandwich	\$4.50
Lettuce, Tomato, Cucumber, Beetroot & Carrot	
Salad w/ Cheese	\$4.60
Salad w/ Tuna or Ham	\$5.00
Salad w/ Chicken or Salmon	\$5.20
Extras (including Toasting)	\$0.60
Cheese, Avocado, Sprouts	
Turkish Roll (Toasted)	\$5.50
Chicken, Cheese & Avocado OR Ham, Cheese & Tomato	

## SALADS

Garden Salad	\$4.50
Lettuce, Tomato, Cucumber, Beetroot & Carrot	
w/ Ham or Tuna	\$5.00
w/ Salmon or Chicken	\$5.50
Chicken Caesar Salad	\$5.50
Greek Salad	\$5.50
Extras	\$0.60
Cheese, Avocado, Sprouts, Egg or Capsicum	

## DRINKS

Bottled Water 600ml	\$2.50
Juice Popper	\$2.20
Flavoured Milk 300ml	\$2.50
3 Flavours	
Flavoured Milk 500ml	\$4.50
3 Flavours	
Juice Bomb Sparkling Juice	\$3.00
Up 'n' Go	\$3.50
Sparkling Mineral Water	\$4.00
Powerade	\$4.70
No Sugar Cans	\$3.00

## COLD TREATS

Frozen Juice Cup	\$1.50
Icy Mony	\$1.50
Juicee Tube	\$2.00
Ice Cream Cup	\$2.00
Frozen Yoghurt	\$3.00

## SNACKS

Boiled Egg	\$1.50
Piece of Fruit	\$1.50
Red Rock / Grainwaves	\$2.00
Garlic Bread	\$2.50
Low Fat Muffins	\$3.00
Yoghurt & Muesli Cup	\$3.00
Fruit Salad	Small \$3.00   Large \$4.50
Banana Bread Slice	\$3.00
Dip Snack Box	\$3.00
Cup of Noodles	\$3.50

Classroom Catering is fully compliant with the NSW Healthy School Canteen food & drink benchmarks

