



CANTEEN MENU

TERM 3 2025

BREAKFAST

AVAILABLE BETWEEN 8:30AM - 8:55AM ONLY

Cereal cups	\$4.00
Served with full cream milk or skim milk	
• Nutrigrain • Coco pops • Cornflakes	
Waffle	\$4.20
Served with honey or maple syrup	
Crumpet	\$2.00
Served with butter or Vegemite	

SANDWICHES / WRAPS

Sandwiches

Chicken & salad	\$6.50
Ham & salad	\$6.50
Salad	\$5.00
Ham & cheese	\$5.00
Chicken, cheese & mayo	\$5.50

Wraps or Rolls + \$1.00

Toasted sandwiches:

Ham & cheese	\$5.00
Chicken, cheese & avocado	\$6.50

Chicken Caesar Wrap \$9.00

w/ chicken, mixed lettuce, bacon, parmesan and caesar dressing

Spicy Chicken and Avo Wrap \$12.00

w/ spinach, chicken, tomato, avocado, peri peri mayo and cheese

Chicken Panini \$11.00

w/ spinach, chicken, tomato, red onion, aioli and cheese

Ham Panini \$10.00

w/ ham, cheese, tomato, red onion, mixed lettuce and mayo

SERVED FRESH OR TOASTED

HOT FOOD

Pie	\$5.00
Pasty	\$5.50
Spinach & pumpkin pasty	\$5.50
Sausage roll	\$4.00
Hot dog with sauce	\$6.00
Ham and cheese pizza	\$4.00
Ham & cheese croissant	\$6.00
Bacon & cheese toasties (2 pieces)	\$3.00
Spaghetti	\$3.00
Baked Beans	\$3.00

SNACKS

Red Rock Deli chips	\$3.50
Brownie	\$3.50
Zooper Doopers	\$1.00
Lifesaver icypole	\$3.50
Raspberry or lemonade icypole	\$3.50
Moosie	\$2.00
Choc /strawberry / banana / blue moon	
Piece of fruit	\$2.00
Jelly cups (GF)	\$2.00
Arnott's shapes	\$3.00
Milo Scoop Shake icecream	\$4.50
Mini Bites - rice cakes (GF)	\$1.50

SALADS / QUICHE

Quiche Lorraine or Pumpkin & Spinach Quiche	\$6.50
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Warm Chicken Salad	\$15.00
w/ spinach, salad, avocado, feta, herbed chicken and balsamic maple dressing	



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SPECIALS

MONDAY

- CHICKEN GOUJONS (5) \$5.00

Add dipping sauce: \$1.00

- Tomato
- BBQ
- Sweet Chilli
- Aioli
- Salsa

- 2 MINUTE NOODLES - CHICKEN OR BEEF \$4.00

TUESDAY

- MACARONI CHEESE \$8.50

WEDNESDAY

- SPAGHETTI BOLOGNESE \$8.50

THURSDAY

- CHICKEN NUGGETS (5) \$5.00

Add dipping sauce: \$1.00

- Tomato
- BBQ
- Sweet Chilli
- Aioli
- Salsa

FRIDAY

- FRIED RICE \$8.50

MEAL DEALS

Choose one from each: \$8.50

SAVOURY:

- >Small sausage roll (2)
- >Party pie (2)
- >Mini quiche lorraine (2)
- >Mini pasty (2)

SNACK:

- >Brownie
- >Chips
- >GF jelly cup
- >Pretzels

DRINK:

- >Juice
- >Flavoured milk
- >Water

DRINKS

	Sml	Med	Lrg
Cappuccino/latte/flat white	\$4.50	\$5.50	\$6.50
Chai latte	\$4.50	\$5.50	\$6.50
Tea	\$4.50	\$5.50	\$6.50
Assorted fruit boxes		\$2.00	
Assorted flavoured milks		\$3.50	

PLEASE PLACE
ORDERS
EITHER
ONLINE OR AT
CANTEEN BY
9:00AM

<https://www.spriggyschools.com.au>