



sprouts kids

Canteen & Cooking School

MOOLAP PRIMARY SCHOOL

SNACKS

Apple Slinky \$1.00

Popcorn (homemade) \$2.00

Anzac Biscuit (homemade) \$1.50

Fancy Fruit Cup \$1.50

Muffin of the week (homemade) \$2.00

Banana Bread/Slice (homemade) \$2.00

Yoghurt Berry Pots (homemade) (gf) \$3.00

Orange Segments \$1.00

Pancake Bites with strawberry slices and maple syrup \$3.50

Veg/Crackers & Dip \$2.50

LUNCH MAINS- BUILD A WRAP/ROLL/S/W or SALAD

Wrap/Bread or Roll (GF AVAILABLE) \$2.00

Chicken/Tuna/Ham \$2.00

Cheese/Vegemite \$.50

Lettuce \$.50

Salad Mix \$.50

Avocado \$.20

Carrot \$0.20

Cucumber \$0.20

Mayo \$.20

TOASTIES

Ham & Cheese Toastie \$4.50

Cheese & Vegemite Toastie \$3.00

Ham Toastie \$4.00

Cheese Toastie \$2.50

Hot Food

Sausage Roll \$3.50

2 sausage rolls \$6.00

Chicken/Tuna Salad (gf) \$4.00

Spaghetti Bolognese (GF AVAILBLE) \$5.00

Hamburger

w/lettuce cheese, tomato & sauce \$5.00

Ham & Cheese Pizza \$5.00

GF Ham & Cheese Pizza \$5.50

Fried Rice (homemade) \$5.00

Nachos- Cheese, Salsa, Sour Cream & Avocado

DRINKS

Thankyou water- 2.50

PLEASE HEAD TO
WWW.OURONLINECANTEEN.COM.AU
TO REGISTER FOR SPROUTS ORDERS.

