

OPS Canteen Summer Menu

OPEN MONDAY TO FRIDAY

GF Gluten Free
DF Dairy Free
V Vegetarian
☺ Healthy Choice

Hot Foods

Pizza Scroll ☺ **\$4.00**
Ham, cheese with a pizza sauce made in the canteen

Vegemite Scroll ☺ (V) **\$3.50**
Vegemite & cheese made in the canteen

Penne Bolognese ☺ (DF) **\$5.00**
Canteen made Bolognese served on Penne Pasta
Gluten Free Option Available

Fried Rice ☺ (GF, DF) **\$5.00**
Rice with chicken, ham, vegies & soy sauce

Hot Chicken Wrap **\$4.50**
Grilled chicken breast serves on a wrap with cheese and mayo

Mac and Cheese ☺ (V) **\$5.00**
Creamy & cheesy macaroni

Chicken Nuggets **\$5.00**
6 nuggets served warm with tomato sauce
Limit of 2 serves per customer

Burgers

Beef Burger ☺ **\$5.00**
Beef patty, cheese and tomato sauce

Chicken Burger ☺ **\$5.00**
Grilled Chicken served on a fresh roll with Lettuce and Mayo

Cheesy Chicken Burger **\$5.00**
Grilled chicken breast served on a roll with cheese

Vegie Burger ☺ **\$5.00**
Vegie patty served on a roll with lettuce, tomato, cheese and mayo.

Sandwiches

Toasting available 50c

☺ All sandwiches are healthy options
All sandwiches available as Gluten Free

Jam (V) **\$3.00**

Vegemite (V) **\$3.00**

Cheese (V) **\$3.00**

Ham **\$3.80**

Ham & Cheese **\$4.00**

Ham, Cheese & Tomato **\$4.50**

Chicken **\$3.80**

Chicken & Cheese **\$4.00**

Snacks

Available with orders and over the counter at recess

Carrot Sticks (6) ☺ (GF, DF, V) **20c**

Rice Crackers (4) ☺ (DF, V) **30c**

Popcorn ☺ (GF, DF, V) **50c**
Air popped at the canteen

Cheese & Crackers ☺ (V) **70c**
4 rice crackers with 4 sq cheese

Jelly Cup ☺ (GF, DF) **\$1.00**
Made with 99% fruit juice

Custard Cup ☺ (V) **\$1.00**

Jelly & Custard Cup ☺ **\$1.00**
Made with 99% fruit juice

Quelch Iceblock ☺ (DF, V) **\$1.00**
99%fruit juice

Frozen Yoghurt Tub (V) **\$3.50**
Twisted frozen yoghurt tub

Pro Fro (V) **\$3.50**
Ice Cream dessert tub
Available only at Primary



Salads

Garden Salad ☺ **\$4.50**
Lettuce, cucumber, tomato carrot and cheese.
*Salad may alter due to seasonal veggies.

Add Chicken or Ham **50c**

Wraps/Rolls

Plain Salad ☺ **\$4.50**
Ham, lettuce, carrot, cucumber, cheese and mayo.

Ham & Salad ☺ **\$5.00**
Ham, lettuce, carrot, cucumber, cheese and mayo.

Chicken & Salad ☺ **\$5.00**
Chicken, Lettuce, carrot, cucumber, cheese and

Drinks

Available with orders and over the counter at recess

Bottled Water ☺ (GF, DF) **\$1 00**

Just Juice ☺ (GF, DF) **\$2.00**
99%fruit juice, Apple or Tropical

Plain Milk (200ml) ☺ (GF, V) **\$2.00**

M2Go Flavoured Milk ☺ (V) **\$3.00**
Strawberry or Chocolate (250ml)

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www.spriggyschools.com.au

