



The Wholesome Kitchen

Order online: www.spriggyschools.com.au

Open for recess and lunch on Wednesday, Thursday And Friday during school term.

Manager: Rima McCarthy Phone: 0424180960 Email: thewholesomekitchen@outlook.com.au

Recess snacks

- Watermelon/melon wedge 1.50
- Apple slinky 1.50
- Toasted mixed berry bread 2.00
- Fruit toast - R 2.00
- Pizza cheesie (multigrain baguette) - R -GF 2.50
- Chewy banana and oat cookies 2.00
- Popcorn 0.50
- Wholegrain rice wheels 1.50
- Crispy seaweed 1.00

R - Recess only, all other snacks also available at lunch
GF- gluten free available

Lunch snacks

- Icy poles - 100% fruit-juice 2.00
- Lemonade
- Orange
- Tropical
- Wild-Berry
- Mixed berry frozen yoghurt slice 2.00

Crunch and Sip

- Mixed cup of raw vegetables 2.00
- Mixed cup of fruit 2.00

Sandwiches (multigrain, white or GF available)

Drinks

- Nudie juice 2.50
- Apple
- Orange
- Tropical
- Cup of milk 2.00
- Warm milo 2.50

Homemade smoothies 3.00

- Banana
- Strawberry
- Chocolate
- Add oat milk 0.50

Freshly squeezed juice

- Watermelon & orange 3.00
- Carrot, apple & Orange 3.00
- add ginger 0.50

- Ham and cheese 4.00
- Vegemite 2.50
- Cheese 3.50
- all extra fillings 0.50 each all can be toasted
- Chicken sweet corn and Mayo 4.50
- Baked bean and cheese jaffle 4.50

Wednesday Special

- Pasta Bolognese - Beef mince in a rich homemade tomato sauce with mixed vegetables and topped with cheese 6.00
- Sundried tomato pesto pasta (no nuts) – with tomato ,cucumber, broccoli and zucchini topped with cheese. 6.00
- Gluten Free Pasta available 0.50

Thursday Special

- Burritos – beef mince, rice with kidney beans, veggies wrapped with mayo, lettuce, and cheese
- Veggie Burritos – brown lentils, rice, kidney beans, veggies wrapped with mayo, lettuce and cheese 6.50
- Gluten free wrap available 0.75
- Bento box (5 items) – beef sausage or veggie spring rolls, popcorn, veggie sticks, mini cookie and fruit 6.50

Friday Special

- Vegetable fried rice, with mixed veggies, oyster and soy sauce. 6.00
- Add chicken 1.00
- Pizza – Hawaiian, Ham and cheese and Margarita (v) 6.00

Sushi

Available Wednesday, Thursday and Friday

- Chicken teryaki
- Tuna mayo
- Avocado - all served with soy sauce 6.50

All made in house

No refined sugar, raw honey instead

All packaging is biodegradable

Locally sourced suppliers and produce

Keep an eye out for our weekly specials