



# The Wholesome Kitchen

Order online: [www.spriggyschools.com.au](http://www.spriggyschools.com.au)

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

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

### 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

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|--|----------|
| - 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     |
| <br>- Bento box (5 items) – beef sausage or veggie spring rolls, popcorn, veggie sticks, mini cookie and fruit | <br>6.50 |

### Friday Special

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|---|------|
| - 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**