



# ALPHINGTON GRAMMAR CANTEEN MENU

BREAKFAST | SANDWICHES | HOT STUFF | SNACKS | DRINKS



## BREAKFAST AVAILABLE FROM 8AM

|                                     |        |
|-------------------------------------|--------|
| EGG & BACON MUFFIN                  | \$5.00 |
| HAM & CHEESE TOASTIE                | \$4.50 |
| PLAIN CROISSANT                     | \$4.00 |
| HAM, CHEESE, TOMATO CROISSANT       | \$5.00 |
| YOGHURT WITH FRESH BERRIES          | \$4.00 |
| YOGHURT WITH GRANOLA & BERRY COULIS | \$5.00 |

## BREAKFAST SPECIAL

ANY ITEM ON BREAKFAST MENU  
& A HOT DRINK  
\$7.50

## SANDWICHES & WRAPS

|                                                  |        |
|--------------------------------------------------|--------|
| CHEESE                                           | \$3.00 |
| VEGEMITE (ADD CHEESE + \$0.50)                   | \$3.50 |
| STRAWBERRY JAM                                   | \$3.00 |
| CHEESE & TOMATO                                  | \$3.50 |
| HAM & CHEESE                                     | \$3.50 |
| HAM, CHEESE & TOMATO                             | \$4.00 |
| SALAD (LETTUCE, TOMATO, CARROT, CUCUMBER & MAYO) | \$4.00 |
| SALAD & CHEESE                                   | \$4.50 |
| HAM & SALAD                                      | \$4.50 |
| EGG & LETTUCE                                    | \$4.50 |
| CHICKEN, LETTUCE & MAYO                          | \$6.00 |
| CHICKEN, AVOCADO & MAYO                          | \$6.00 |
| FALAFEL, HUMMAS, LETTUCE, TOMATO, FETA & ONION   | \$6.50 |

TOASTED OPTIONS AVAILABLE FOR SELECTED SANDWICHES

GLUTEN FREE OPTION AVAILABLE FOR ALL SANDWICHES (+ \$0.50)

## SALADS

|                                                                                                               |        |
|---------------------------------------------------------------------------------------------------------------|--------|
| <b>FRUIT SALAD</b>                                                                                            | \$5.00 |
| <b>GREEK SALAD</b>                                                                                            | \$6.50 |
| <i>LETTUCE, CUCUMBER, TOMATO, RED ONION<br/>OLIVES &amp; FETA (GF/V/VEO)<br/>(ADD GRILLED CHICKEN \$1.00)</i> |        |
| <b>CAESAR SALAD</b>                                                                                           | \$6.50 |
| <i>LETTUCE, BACON, EGG, PARMESAN CHEESE, CROUTONS (GFO)<br/>(ADD GRILLED CHICKEN \$1.00)</i>                  |        |
| <b>CHICKEN SALAD</b>                                                                                          | \$7.50 |
| <i>HOUSE BAKED CHICKEN, LETTUCE, CUCUMBER,<br/>POTATO, CURRANTS &amp; FETA (GF)</i>                           |        |

REFER TO SPECIALS MENU FOR

WEEKLY SALAD SPECIALS



## HOT STUFF

|                                          |        |
|------------------------------------------|--------|
| HOT CHIPS (WEDNESDAYS & FRIDAYS ONLY)    | \$3.20 |
| DIM SIM (STEAMED OR FRIED)               | \$1.20 |
| HASH BROWN (GF/V/VE)                     | \$1.20 |
| POTATO CAKE                              | \$1.20 |
| CHICKEN STRIPS (SERVE OF 2)              | \$4.00 |
| LARGE SPRING ROLL                        | \$3.00 |
| CUP OF NOODLES (CHICKEN, BEEF, ORIENTAL) | \$3.50 |
| HOT DOG                                  | \$4.00 |

## BURGERS

|                                                                                       |        |
|---------------------------------------------------------------------------------------|--------|
| <b>CHEESEBURGER</b><br>BEEF, LETTUCE, CHEESE, TOMATO. TOMATO SAUCE,<br>MUSTARD & MAYO | \$7.00 |
| <b>GRILLED CHICKEN BURGER (GFO)</b><br>CHICKEN, LETTUCE, TOMATO, MAYO                 | \$7.00 |
| <b>CHICKEN SCHNITZEL PANINI ROLL</b><br>CHICKEN, LETTUCE, MAYO                        | \$7.00 |

KEEP AN EYE OUT FOR BURGER SPECIALS

## FRESH DAILY PIES & PASTRIES

|                              |        |
|------------------------------|--------|
| MEAT PIE                     | \$4.50 |
| SHEPHERD'S PIE               | \$4.50 |
| SAUSAGE ROLL (LARGE)         | \$4.00 |
| VEGETABLE PASTIE             | \$4.00 |
| PARTY PIE/PARTY SAUSAGE ROLL | \$1.50 |

KEEP AN EYE OUT FOR PIE/PASTRY SPECIALS DURING THE TERM

## DIY SNACK BOX

|                                                                                      |                              |        |
|--------------------------------------------------------------------------------------|------------------------------|--------|
|  | <u>COMES WITH (GF)</u>       |        |
| CUCUMBER, APPLE, CHEERY TOMATOES & CRACKERS                                          |                              |        |
|  | <u>ADD YOUR PROTEIN (GF)</u> |        |
| EGG, FALAFEL, HAM OR CHICKEN                                                         |                              |        |
|  | <u>ADD YOUR DIP (GF)</u>     |        |
| HUMMUS OR TZATZIKI                                                                   |                              | \$7.00 |

## SNACKS

|                    |        |
|--------------------|--------|
| BANANA BREAD       | \$3.50 |
| FRESH DAILY MUFFIN | \$3.50 |
| CHEESE & CRACKERS  | \$2.50 |
| POPCORN            | \$2.50 |
| FRESH FRUIT PIECE  | \$1.00 |
| JELLY CUP          | \$2.00 |

## SUSHI

|                  |        |
|------------------|--------|
| COOKED TUNA      | \$5.50 |
| SMOKED SALMON    | \$5.50 |
| CRISPY CHICKEN   | \$5.50 |
| TERIYAKI CHICKEN | \$5.50 |
| CALIFORNIA       | \$5.50 |
| VEGETARIAN       | \$5.50 |

NOW AVAILABLE  
THROUGH SPRIGGY APP  
MONDAYS  
&  
WEDNESDAYS



## ICE CREAM

|                                        |        |
|----------------------------------------|--------|
| ICY POLE (LEMONAIDE)                   | \$2.00 |
| CALIPPO (RASPBERRY PINEAPPLE OR LEMON) | \$3.00 |
| PADDLE POP (RAINBOW OR CHOCOLATE)      | \$2.00 |
| MAGNUM                                 | \$4.50 |
| GOLDEN GAYTIME                         | \$4.00 |
| SPLICE (PINE LIME)                     | \$3.50 |

## HOT DRINKS

|               | SMALL 8OZ | LARGE 12OZ |
|---------------|-----------|------------|
| HOT CHOCOLATE | \$3.50    | \$4.00     |
| CHIA LATTE    | \$3.50    | \$4.00     |
| LATTE         | \$4.00    | \$5.00     |
| CAPPUCCINO    | \$4.00    | \$5.00     |
| FLAT WHITE    | \$4.00    | \$5.00     |
| LONG BLACK    | \$3.50    | \$4.00     |
| MOCHA         | \$4.00    | \$5.00     |

## PIECE OF FRUIT & 600ML WATER



\$3.00

## COLD DRINKS

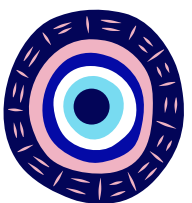
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|------------------------------------------------------|----------------|
| POP TOP JUICE (APPLE, ORANGE, WILD BERRY)            | \$2.00         |
| WATER 600ML/750ML                                    | \$2.50/ \$3.00 |
| SPARKLING WATER                                      | \$3.00         |
| ICED MILK (CHOC, STRAWBERRY, ICE COFFEE)             | \$4.00         |
| UP & GO (VANILLA, CHOC, STRAWBERRY)                  | \$3.50         |
| ICED TEA (PEACH, LEMON, MANGO, RASPBERRY) <u>HSO</u> | \$4.00         |
| GATERAIDE ZERO (RED, BLUE AND ORANGE) <u>HSO</u>     | \$4.00         |
| PEPSI MAX 400ML <u>HSO</u>                           | \$3.00         |
| SOFT DRINK BOTTLE NO SUGAR 600ML <u>HSO</u>          | \$4.00         |
| (PEPSI MAX, PEPSI MAX VANILLA, LEMONAIDE, SUNKISSED) |                |

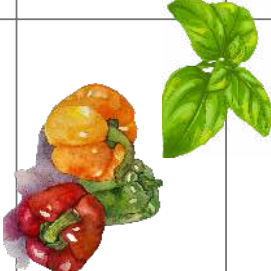
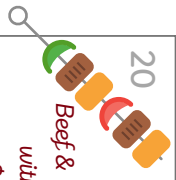
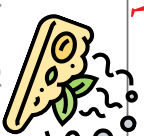
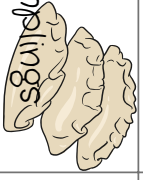
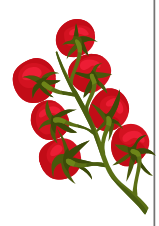
CHICKEN USED IN SANDWICHES, SALADS ETC  
IS BAKED FRESH IN HOUSE FROM 100% CHICKEN BREAST

ALL OUR SPECIALS ARE MADE FRESH DAILY IN HOUSE  
'FRESH IS ALWAYS BEST'

V- VEGETARIAN    V.O- VEGETARIAN OPTION  
VE- VEGAN    VEQ- VEGAN OPTION  
GF- GLUTEN FREE    GFQ- GLUTEN FREE OPTION  
HSO- HIGH SCHOOL ONLY

# Febuary

| MON                                                                                                                                                              | TUE                                                                                                                                                                                              | WED                                                                                                                                                                             | THU                                                                                                                                         | FRI                                                                                                                                                                                                       | WEEKLY SALAD SPECIAL                                                                                                            | FRESHLY MADE TAKE HOME MEALS                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <div>6</div> <div>MAC &amp; CHEESE</div> <div>\$8.00/\$6.00</div>               | <div>7</div> <div>Gozleme</div> <div>\$6.00</div>                                                              | <div>1</div> <div>NACHOS</div> <div>\$6.00</div> <div>WITH GUACAMOLE &amp; SOUR CREAM</div>  | <div>2</div> <div>Thursdays</div> <div>S</div>                                                                                              | <div>3</div> <div>PANCAKE JAFFLES</div> <div>\$6.00</div>                                                                                                                                                 | <div>Rocket Salad</div> <div>Cherry Tomato</div> <div>Corr, Red Onion &amp; Cucumber \$6.00</div> <div>Add Protein \$1.00</div> |                                                 |
| <div>13</div> <div>Honey Soy Chicken &amp; Rice</div> <div>\$8.00/\$6.00</div>  | <div>14</div> <div>Spaghetti &amp; Meatballs</div> <div>\$8.00/\$6.00</div> <div>Collect Take Home Meals</div>  | <div>8</div> <div>Chicken &amp; Veg Stir fry &amp; Rice</div> <div>\$8.00/\$6.00</div>        | <div>15</div> <div>Haloumi Burger</div> <div>\$8.00</div>  | <div>10</div> <div>Fishermans Basket</div> <div>\$8.00</div> <div>Order Cut Off for Take Home Meals</div>             | <div>5 bean Salad</div> <div>Cucumber, Capers red onion &amp; parsley \$6.00</div> <div>Add Protein \$1.00</div>                | <div>Lasagna &amp; Salad</div>                    |
| <div>20</div> <div>Beef &amp; Veg Kebab with Rice</div> <div>\$8.00</div>       | <div>21</div> <div>VEGETABLE CHOW MEIN NOODLES</div> <div>\$8.00/\$6.00</div>                                   | <div>22</div> <div>Zucchini Slice</div> <div>\$6.00</div>                                      | <div>16</div> <div>Sub</div> <div>Salad</div>            | <div>17</div> <div>Meatball Sub</div> <div>\$8.00</div>                                                                | <div>Tuna Nicoise Salad</div> <div>Coz Lettuce, Potato Green Bean, Egg Cherry Tomato, Olives &amp; Tuna \$6.00</div>            | <div>Gemista (stuffed Peppers) &amp; Salad</div>  |
| <div>27</div> <div>BURRITO BOWL</div> <div>\$8.00</div>                         | <div>28</div> <div>Dumplings</div> <div>5 for \$6.00</div> <div>Collect Take Home Meals</div>                   |                                                                                                                                                                                 | <div>23</div> <div>Thursdays</div> <div>\$8.00</div>      | <div>24</div> <div>PULLED PORK BURGER &amp; SLAW</div> <div>\$8.00</div> <div>Order Cut Off for Take Home Meals</div>  | <div>Quinoa Salad</div> <div>Chickpeas red capsicum, cucumber Red onion, parsley \$6.00</div>                                   | <div>Salad</div>                                  |

Please Check Spriggy Schools For Daily Special Options/Variations

All Orders through Spriggy Schools App



FRESHLY MADE TAKE HOME MEALS AVAILABLE FORTNIGHTLY



COLLECT AFTER SCHOOL ON TUESDAY 14TH & TUESDAY 28TH

GLUTEN FREE OPTION AVAILABLE

PLACE YOUR ORDER BY 9.30AM FRIDAY 10TH & FRIDAY 24TH

SINGLE SERVE (1) \$15.00

DOUBLE SERVE (2) \$30.00

FAMILY SERVE (4) \$40.00