

# ALPHINGTON GRAMMAR CANTEEN MENU

SANDWICHES | HOT STUFF | SNACKS | DRINKS



PLEASE REFER TO THE MONTHLY  
SPECIALS MENU FOR DAILY  
SPECIALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 PUMPKIN SOUP \$6.50	2 NUT FREE Chicken Sauté Shrimps & Rice \$6.00	3 Wednesday \$8.00	4 CRISPY CHICKEN SUB \$8.00	5 PASTITSIO \$8.00
8 Potato, leek & bacon soup \$6.50	9 Zucchini Slice \$7.00	10 u	11 Fried Rice \$7.00/\$8.00	12 PULLED PORK & SLAW BURGER \$8.00
15 LENTIL SOUP \$6.50	16 PORK NOODLES \$7.00/\$8.00	17 l	18 Spaghetti Bolognese \$7.00/\$8.00	19 Mini Pizza \$7.00
22 minestrone \$6.50	23 cottage pie \$7.00	24 i Wednesday \$8.00	25 Butter Chicken & Rice \$7.00/\$8.00	26 Meatball Sub \$8.00
29 Avgolemona Chicken Soup \$6.50	30 Slow Cooked Beef Casserole & Rice \$7.00/\$8.00	31 W		

Please Check Spriggy Schools For Daily Special Options/Variations

All Orders through Spriggy Schools App

## SANDWICHES & WRAPS

CHEESE	\$3.00
VEGEMITE (ADD CHEESE + \$0.50)	\$3.50
STRAWBERRY JAM	\$3.00
CHEESE & TOMATO	\$3.50
HAM & CHEESE	\$4.00
HAM, CHEESE & TOMATO	\$4.50
SALAD (LETTUCE, TOMATO, CARROT, CUCUMBER & MAYO)	\$5.00
SALAD & CHEESE	\$5.50
HAM & SALAD	\$5.00
EGG & LETTUCE	\$4.50
CHICKEN, LETTUCE & MAYO	\$6.50
CHICKEN, AVOCADO & MAYO	\$6.50
FALAFEL, HUMMAS, LETTUCE, TOMATO, FETA & ONION	\$7.00

TOASTED OPTIONS AVAILABLE FOR SELECTED SANDWICHES

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

## SALADS

FRUIT SALAD	\$6.00
GREEK SALAD	\$6.50
<i>LETTUCE, CUCUMBER, TOMATO, RED ONION OLIVES &amp; FETA (GF/V/VEO)</i>	
CAESAR SALAD	\$6.50
<i>LETTUCE, BACON, EGG, PARMESAN CHEESE, CROUTONS (GFO)</i>	
CHICKEN SALAD	\$7.50
<i>HOUSE BAKED CHICKEN, LETTUCE, CUCUMBER, POTATO, CURRANTS &amp; FETA (GF)</i>	

**ADD PROTEIN TO YOUR SALAD \$2**

**GRILLED CHICKEN / EGG / TUNA**



## HOT STUFF

DIM SIM (STEAMED OR FRIED)	\$1.20
HASH BROWN	\$1.20
POTATO CAKE	\$1.20
CHICKEN STRIPS (SERVE OF 2)	\$4.00
LARGE SPRING ROLL	\$3.50
CUP OF NOODLES (CHICKEN, BEEF, ORIENTAL)	\$3.50
HOT DOG	\$4.50

## BURGERS

<b>CHEESEBURGER</b> BEEF, LETTUCE, CHEESE, TOMATO. TOMATO SAUCE, MUSTARD & MAYO	\$7.00
<b>GRILLED CHICKEN BURGER (GFO)</b> CHICKEN, LETTUCE, TOMATO, MAYO	\$7.00
<b>CHICKEN SCHNITZEL PANINI ROLL</b> CHICKEN, LETTUCE, MAYO	\$7.50


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

 **COMES WITH (GF)**

CUCUMBER, APPLE, CHEERY TOMATOES & CRACKERS

 **ADD YOUR PROTEIN (GF)**

EGG, FALAFEL, HAM OR CHICKEN

 **ADD YOUR DIP (GF)**

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	\$1.50
JELLY CUP	\$2.00

## SUSHI

COOKED TUNA	\$5.50
FRESH SALMON	\$6.00
CRISPY CHICKEN	\$5.50
TERIYAKI CHICKEN	\$5.50
CALIFORNIA	\$5.50
VEGETARIAN	\$5.50

NOW AVAILABLE  
THROUGH SPRIGGY APP  
ON  
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

## PIECE OF FRUIT & 600ML WATER



## COLD DRINKS

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> (PEPSI MAX, PEPSI MAX VANILLA, LEMONAIDE, SUNKISSED)	\$4.00

## 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

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    VEO- VEGAN OPTION

GF- GLUTEN FREE    GEO- GLUTEN FREE OPTION

HSO- HIGH SCHOOL ONLY