



CANTEEN MENU

TERM 2, 2024

HOT FOOD

Pie	\$5.00
Pasty	\$5.00
Spinach & pumpkin pasty	\$5.50
Sausage roll	\$4.00
Hot dog with sauce	\$5.00
Mini homemade pizza	
• Ham and cheese	\$4.00
Ham & cheese croissant	\$6.00
Bacon & cheese toasties (2 pieces)	\$3.00
Garlic & herb bread	\$1.50
Spaghetti	\$3.00
Baked Beans	\$3.00
Maggi 2 minute noodles beef or chicken	\$4.00

SANDWICHES / WRAPS

Sandwiches	
Chicken & salad	\$6.50
Ham & salad	\$6.50
Salad	\$5.00
Ham & cheese	\$5.00
Chicken, cheese & mayo	\$5.50
Wraps or Rolls	+ \$1.00
Toasted sandwiches:	
Ham & cheese	\$5.00
Chicken, cheese & avocado	\$6.50
Chicken Caesar Wrap	\$9.00
w/ chicken, mixed lettuce, garlic butter, bacon, parmesan and caesar dressing	
Chicken and Avocado Wrap	\$12.00
w/ spinach, chicken, avocado, sundried tomatoes, red onion, cheese and aioli	
Chicken and Bacon Panini	\$11.00
w/ spinach, bacon, chicken, pickled red onion, hollandaise and cheese	
Pulled Beef Panini	\$12.00
w/ Spinach, pulled beef, pickled red onion, carrot, cucumber, cheese and peri peri mayo	
Lamb Yiros Panini	\$12.00
w/ spinach, lamb, red onion, tomato, capsicum, mayo, aioli and cheese	

SPECIALS

MONDAY	
>CHICKEN GOUJONS (5)	\$5.00
>MINI SPRING ROLLS (4)	\$4.00
>SWEET CHILLI CHICKEN STRIPS (3)	\$4.50
>HASH BROWNS (1)	\$1.50
Add Sauces	
+ Aioli	\$1.00
+ Sweet chilli sauce	\$1.00
+ Tomato sauce	\$0.50
TUESDAY	
> MINI CHICKEN PARMI	\$9.50
Oven baked chicken breast nuggets (6) topped with salsa sauce and grilled cheese served with potato waffle fries	
> CLASSIC CHICKEN NUGGETS	\$7.50
Oven baked chicken nuggets (6) served with potato waffle fries	
Add Sauces	
+ Sour cream	\$1.00
+ Sweet chilli sauce	\$1.00
+ Tomato sauce	\$0.50
WEDNESDAY	
> BUTTER CHICKEN	\$12.50
Chicken tenderloins in a butter chicken sauce served with steamed rice	
THURSDAY	
>NACHO BENTO BOX	\$9.00
Salted corn chips, mild chunky salsa, sour cream, smashed avo and shredded cheese	
FRIDAY	
> TERIYAKI CHICKEN SUSHI BOWL	\$15.00
with spinach, cucumber, cabbage, pickled red onion, avocado, carrot, sushi rice, mayo and hoisin sauce	



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DRINKS

	Sml	Med	Lrg
Cappuccino/latte/flat white	\$4.50	\$5.50	\$6.50
Char latte	\$4.50	\$5.50	\$6.50
Tea	\$4.50	\$5.50	\$6.50
Assorted juices	\$4.00		
Assorted flavoured milks	\$3.50		

SNACKS

Red Rock Deli Chips	\$2.50
Brownie	\$2.50
Zooper Doopers	\$1.00
Lifesaver icypole	\$3.50
Raspberry or lemonade icy pole	\$3.50
Moosie	\$2.00
Choc /strawberry / banana / blue moon	
Piece of Fruit	\$2.00
Jelly Cups	\$2.00
Arnott's shapes	\$3.00
Milo Scoop Shake icecream	\$4.50

SALADS / QUICHE

Quiche Lorraine or Pumpkin & Spinach Quiche	\$6.50
Warm Chicken Salad w/ spinach, salad, avocado, feta, herbed chicken and balsamic maple dressing	\$15.00

MEAL DEALS

Choose one from each: \$7.00

Savoury:

- >Small sausage roll
- >Cheese & bacon toasties

Snack:

- >Brownie
- >Red rock chips
- >GF Jelly cup

Drink:

- >Juice
- >Flavoured Milk
- >Water

**PLEASE PLACE
ORDERS
EITHER
ONLINE OR AT
CANTEEN BY
9:00AM**



Place your canteen orders online with **Spriggy Schools**

We are excited to announce the introduction of a new online lunch ordering system called Spriggy Schools on 24/07/2023.

Spriggy Schools will make lunch orders more convenient for both families and the canteen.

Steps to get started:

1. Go to www.spriggyschools.com.au to register and download the app.
2. Add a profile for each of your children, making sure you select Ceduna Area School and your child's class.
3. Start placing lunch orders! You can place orders up to 3 weeks in advance.

If you have any questions, please contact Spriggy Schools via their website.

Spriggy Schools is backed by Spriggy.com.au, a digital pocket money app designed to help parents improve the financial literacy skills of their children.