

SCHOOL KITCHEN SMART CHOICES

MENU TERM FOUR 2024



Caloundra City
Private School



WEEKLY SPECIALS- \$5.50 each

wk 1-	30 Sep – No Special
wk 2-	07 Oct – Chicken and Bacon Fried rice ●
wk 3-	14 Oct – Mini Pizzas (Pepperoni or Ham & Cheese) ●
wk 4-	21 Oct – Butter Chicken with rice & Naan ●
wk 5-	28 Oct – Flame Grilled Chicken Burger ●
wk 6-	04 Nov – Fish Fingers and Gems ●
wk 7-	11 Nov – Teriyaki Chicken Sushi ●
wk 8-	18 Nov – Hotdogs with Cheese and Tomato Sauce ●
wk 9-	25 Nov – No Special

Smart Choices uses a green, amber & red traffic light ratings system of food and drink classification based on nutrient content, and is aligned with the Australian Dietary Guidelines.

green - good; amber - select carefully; red - occasional

SANDWICHES

Vegemite, Strawberry Jam or Honey ●	\$3.00
Vegemite & Cheese ●	\$3.50
Cheese ●	\$3.00
Tomato & Cheese ●	\$3.50
Ham & Cheese ●	\$3.50
Chicken, Cheese & Mayonnaise ●	\$4.00
Ham & Salad ●	\$4.50
Ham, Cheese & Tomato ●	\$4.00
White or Wholemeal available	
Gluten Free bread	\$1.00
Toasted	.50c
Toast your sandwich from home	.50c
To add Salad to any sandwich	\$1.00

WRAPS & SALADS

Bacon and Egg Wrap ●	\$4.60
scrambled egg, bacon, cheddar cheese, hash brown, bbq sauce	
BBQ Flamed Grilled Chicken ●	\$4.60
chicken, tomato, carrot, crispy lettuce, cucumber, mayo	
Smokey BBQ Beef ●	\$4.60
shaved beef, carrot, cucumber, crispy lettuce, tomato, smokey bbq sauce	
Gluten Free and Vegetarian options available – please order 24hrs in advance	

MELTS

BBQ Meatlovers Melt ●	\$4.60
beef, chicken, pepperoni, sausage, bbq sauce and cheese on Turkish	
Mexican Melt ●	\$4.60
taco mince, rice, salsa, cheese and corn chip crunch	
Chicken Parmy Melt ●	\$4.60
chicken parmy, napoli sauce, ham, mozzarella cheese	

Birthday Calippo Ice blocks - \$2.50 each

Delivered to your child's class at the end of lunch

48 hours' notice is required.

PASTRIES

Small Pie ●	\$2.70
Small Sausage Roll ●	\$2.70
Large Sausage Roll ●	\$4.20
Steak Pie or Bacon and Cheese Pie ●	\$4.50
BBQ Puffy Dog ●	\$4.20
BBQ or Tomato Sauce	.50c

SMALL BITES

Jelly Cup ●	\$1.50
Jelly & Custard ●	\$2.00
Apple Slinky ●	\$1.50
Fresh Fruit Salad ●	\$2.00
Frozen Yoghurt ●	\$2.50
vanilla & caramel, mango & watermelon, strawberry & vanilla	
Garlic Bread ●	\$1.50
Calippo ●	\$2.50
Raspberry pineapple, sour TnT	
Frozen Milk Moosies ●	\$2.00
chocolate, blue moon, strawberry	
Red Rock and Grain waves Chips ●	\$2.50
honey soy chicken, Sour cream & chives	
Popcorn ●	\$1.00

HOUSEMADE BAKED GOODS

Mini muffins ●	\$2.00
chocolate chip, blueberry, banana	
Cake ●	\$2.50
lemon, chocolate	

DRINKS

Fruit Juice 500 ml ●	\$3.50
orange & passionfruit, orange & mango	
Just Juice 200 ml ●	\$2.50
apple, apple blackcurrant, orange or paradise punch	
Bottled Water 600ml ●	\$3.00
Krazy Lemon 500ml ●	\$4.00
Flavoured Milk 250ml (strawberry, choc) ●	\$3.10
Flavoured Milk 500ml (choc, iced coffee) ●	\$4.10