



MUNCH LUNCH

SNACKS



Fruit Salad = \$3.50

- Mixture of seasonal fruits



Veggie Sticks = \$3.50

- Carrot, Cucumber, Celery & Capsicum with Hummus dip



Cobs Popcorn - Sweet & Salty 13g & Sea Salt 13g snack bags = \$1.80



Vege Chips - 21g Bags = \$1.80

- Plain, Chicken, BBQ & Salt & Vinegar available



Please note lunches are not made in a allergen free kitchen

SCHOOL LUNCH MENU SALADS



Caesar Salad = \$8.00

- Mix Lettuce (Iceberg & Cos), Sliced Egg, Shredded Chicken, Bacon Pieces & Shaved Parmesan Cheese With Caesar dressing in a portion control squeeze packet, *NO CROUTONS*



Garden Salad = \$5.00

- Mix Lettuce (Iceberg & Cos), Sliced Cherry Tomatoes, Sliced Cucumber, Shredded Carrot

BUILD YOUR OWN SALAD

- Please see online app for build your own salad options.

- Options are similar to build your own sandwich

Caesar Dressing = \$0.50

French Vinaigrette = \$0.50

- Dressings are portion control - same as Sauces



ONLINE ORDERS HERE:

App available on android & apple.
Just look for Spriggy Schools

hello.munch.lunch@gmail.com

[facebook.com/munch.lunch](https://www.facebook.com/munch.lunch)

DRINKS



Milk - 250ml = \$3.50

- Chocolate
- Strawberry
- HoneyComb
- Nippys - Brand may change subject to availability.



Milk - 200ml = \$2.00

- Plain Long life milk



Zymil Milk - 250ml = \$2.50



Lactose Free Chocolate

Milk - 250ml = \$3.50

Juice - 250ml = \$2.50

- Apple
- Orange
- Apple & Blackcurrent



- Nippys - Brand may change subject to availability.

Water 600ml = \$3.00



MUNCH LUNCH

Travel

SUSHI

All Sushi = \$4.50

Chicken Avocado

- Sushi Rice, Nori Seaweed, Avocado, Plain Chicken & Mayo

Avocado Cucumber

- Sushi Rice, Nori Seaweed, Avocado, Cucumber & Mayo

Tuna Avocado

- Sushi Rice, Nori Seaweed, Avocado & Cooked Tuna

Chicken Schnitzel Mayo

- Sushi Rice, Nori Seaweed, Avocado, Chicken Schnitzel & Mayo

Omelette Carrot Cucumber

- Sushi Rice, Nori Seaweed, Cucumber, Carrot, Omelette & Mayo



SANDWICH

Bread Type = \$2.00

- Bread, Roll or Wrap
- GF Bread, Roll or Wrap Available \$3.00

Meat = \$2.50ea

- Shredded Chicken
- Shaved Ham
- Sliced Roast Beef
- Mild Salami

Salad = \$1.00ea

- Lettuce
- Tomato
- Egg
- Carrot
- Red Onion
- Avocado
- Cucumber
- Beetroot
- Pineapple
- Cheese

Condiments = \$0.70ea

- Mayonaise
- Vegemite
- Strawberry Jam
- Raspberry Jam

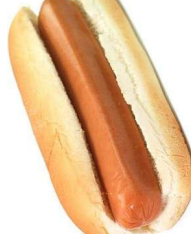
HOT FOOD



Party Pies & Rolls = \$2.00 ea



Hot dog = \$6.00
• GF Roll ADD \$1.50



Hot dog - No bun = \$3.50



Bolognese = \$6.50
• Home Made
• GF PASTA Add \$1.50

Meat Pie = \$5.50



Jumbo Sausage Roll = \$5.50



Pastie = \$5.50

- Grated Cheese = \$0.50
- Lactose Free Cheese = \$1.50

Tomato/BBQ Sauce/Mustard & Dressings = \$0.50

