



The Wholesome Kitchen

KEEP AN EYE OUT FOR THE WEEKLY SPECIALS

ALL MADE IN HOUSE

NO REFINED SUGAR

LOCALLY SOURCED SUPPLIERS AND PRODUCE

ALL BIODEGRADABLE PACKAGING USED

Order online: spriggyschools.com.au.

Open for recess and lunch on **Wednesday, Thursday & Friday** during school term.

Manager: **Rima McCarthy** Phone: **0424180960** Email: thewholesomekitchen@outlook.com.au

Recess snacks

♥ Watermelon wedge	1.50
♥ Whole Apple	1.50
♥ Toasted Banana bread - (VEGAN)	2.50
♥ Fruit toast - R	2.50
♥ Pizza Cheesie - R (GF option)	3.00
♥ Chewy banana and oat cookies	2.50
♥ Cup of Yoghurt – (Vanilla / Mango)	2.00
♥ Popcorn	1.00
♥ Wholegrain Snacks	1.50
♥ Crispy Seaweed	1.00

Drinks

♥ Fruit juice	
- Tropical	2.50
- Golden Pash	2.50
♥ Cup of Milk	2.00
♥ Warm MILO	3.00
Add soy milk	0.50

Homemade Smoothies

♥ Banana	3.50
♥ Strawberry	
♥ Chocolate	

Add soy milk 0.50

R - Recess only, all other snacks also available at lunch

Icy Poles & Slushies

♥ Fruit Icy Poles	1.00
♥ Slushie – 90% Fruit Juice	2.00

Sushi – THURS & FRI.

♥ Chicken Teriyaki	
♥ Tuna Mayo & cucumber	
♥ Avocado	6.50

Crunch and Sip

♥ Mixed Cup of Raw Vegetables	
♥ Mixed Cup of fruit	2.00

Sandwiches

Multigrain, White & Gluten Free Available

♥ Ham & Cheese	5.50
♥ Ham only	5.00
♥ Cheese	4.50
♥ Vegemite	3.00
♥ Baked Bean & Cheese Jaffle	5.50

All extra fillings 0.50 each, Toasted 0.50 Extra.

Wednesday Special

♥ Spaghetti Bolognese - Beef mince in a rich homemade tomato sauce with mixed veg. & Cheese	7.00
♥ Tomato Pasta - Homemade Rich Tomato Sauce with Garlic, Basil & Cheese	7.00
♥ Gluten Free Pasta available	Extra 1.00

Thursday Special

♥ Burrito (Beef or Vegetarian) - Beef Mince or Brown Lentils with Hidden veggies, Kidney Beans & Rice wrapped in Mayo, Lettuce & Cheese	7.00
♥ Bento Box: (5 Items) – Beef Sausage or Veggie Spring Rolls, Popcorn, Mini Muffin, Veggie Sticks & Fruit	7.00

Friday Special

♥ Pizza: Ham & Cheese, Hawaiian or Margarita (v)	7.00
♥ Dahl & Rice: Red Split Lentils with Mixed Veg. in an Aromatic Sauce	7.00
Add Chicken	Extra 1.00