

# Crookwell Public School

## Food For Thought Menu



### HOT LUNCHES

Pizza - Wholemeal muffin base, tomato paste, cheese with either ham or chicken **\$2.50**

Fried rice -Rice, egg, peas, bacon, carrot and corn cooked with soy sauce **\$5.00**

Taco bowl -Taco boat filled with lettuce, carrot, meat, salsa and cheese **\$5.00**

Spaghetti bolognese -Bolognese meat on pasta with cheese **\$5.00**

Chicken Burger - Bun, lettuce, Mayonnaise and two chicken tenders **\$6.00**

Ham and Cheese Pocket **\$3.00**

Noodle cup -Beef or Chicken **\$3.00**

Toasted Sandwich -Your choice of (Cheese/Ham & Cheese/Chicken & Cheese) **\$3.00**

Mac and Cheese **\$4.00**

Mrs Mac Meat pie **\$4.00**

Mrs Mac Sausage roll **\$3.00**

Mrs Mac Spinach & Ricotta roll **\$3.00**

Chicken tender **\$1.50**

### DRINKS

Water **\$1.00**

Milk -Strawberry or Chocolate **\$2.00**

Juice -Apple/Orange/Apple & Blackcurrant **\$1.50**

Flavored sparkling fruit juice -Grape/tropical **\$2.50**

Up and Go -Vanilla/banana **\$2.50**

### COLD LUNCHES

Wrap -Choose your fillings (lettuce/tomato/carrot/ cucumber/ cheese/ham/chicken) **\$5.00**

Sandwich -Choose your fillings (lettuce/tomato/carrot/ cucumber/ cheese/ham/chicken) **\$5.00**

Salad -(lettuce/tomato/carrot/ cucumber) **\$4.50**

### SNACKS

Popcorn **\$1.50**

Pretzels **\$1.50**

Corn Cob **\$1.00**

Cheese Triangle (1/4 grilled cheese sandwich) **50c**

Yogurt Pouch **\$1.50**

Dip Sticks (carrot & cucumber sticks with dip) **50c**

Jelly Cup **50c**

Cheese Triangle **50c**

Fruit Salad Cup **\$3.00**

Banana Muffin **\$1.00**

Mini Dim sims **\$1.50** (3 per serve)

Tomato or Barbecue Sauce **50c**

Quelch Stick **\$1.00**