

FORREST PRIMARY SCHOOL P&C CANTEEN MENU

Chilled Snacks

Frozen Yoghurt  
\$4.00

Vaalia low fat yoghurt  
\$3.00

Drinks

Bottled water  
\$2.50

Fruit Juices  
\$2.75

Glee fruit juice  
\$3.00

Milk 200ml  
\$3.00

(Optional Sippah Straw \$0.75)

Freshly snacks

Apple  
\$1.50

Grapes  
\$1.50

Mandarin  
\$1.50

Watermelon slices  
\$2.00

Veggie sticks  
\$2.50

Salads

Greek salad  
\$5.75

Chicken salad  
\$6.00

Avocado corn salad  
\$5.75

Pasta Salad  
\$5.75

Hot Food

Butter chicken with basmati rice  
\$7.00

Macaroni & Cheese  
\$7.00

Beef Pie  
\$6.00

Sausage Roll  
\$5.50

Pasta Bolognese  
\$6.25

Juicy Corn Cob (vegan)  
\$2.50

Chicken Tenderloin  
\$3.00

Chicken Tenderloin (Halal-certified)  
\$3.25

Golden Pancake  
\$2.00

Pizza Cheese  
\$5.00

(available only Tuesday)

Pizza Ham & Cheese  
\$5.50

(available only Tuesday)

Tomato sauce  
\$0.50

Sandwiches & Quesadillas

Cheese quesadilla  
\$5.50

Ham&cheese quesadilla  
\$6.00

Cheese sandwich  
\$4.00

Ham&cheese sandwich  
\$4.50

Ham sandwich  
\$4.00

ONLINE ORDERS [WWW.SPRIGGYSCHOOLS.COM.AU](http://WWW.SPRIGGYSCHOOLS.COM.AU)

Items are listed in green and amber to show their rating according to the National Healthy School Canteen policy (ACT).

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Gluten free cheese sandwich  
\$5.00

Biodegradable cutlery  
\$0.20

Gluten free ham sandwich  
\$5.00

Gluten free ham & cheese sandwich  
\$5.75

Vegemite sandwich  
\$4.00

Falafel wrap  
\$6.00

Optional

Tomato slices  
\$0.30

Toasted  
\$0.50

Extra cheese slice  
\$0.50

Warm Non-Chilled Snack

Beans and cocoa brownie  
\$4.75

Cheese & crackers  
\$2.00

Homemade popcorn  
\$1.75

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