

# True Soul Kitchen

## Canteen at Sunshine Heights Primary School

Commencing Monday 30<sup>th</sup> of July 2018

### How to order:

#### Online Instructions:

- Sign up at [www.quickcliq.com.au](http://www.quickcliq.com.au)
- Place order & Pay the previous day, before 9pm

#### Cash Instructions:

- By Cash in Brown Paper Bag before 9.30am on the day
- Include the following info on paper bag: Full Name, Classroom Name, Food Item & Price and Money in Bag

**Snack foods do not require an online or cash order.**

### Snacks available at recess and lunch

- Spring Rolls (2 rolls) Chicken and Vegetarian **\$2.50**
- Bag of fresh Popcorn – with butter **\$2.50**
- Natural Fruit Icy Poles – Pink lemonade or Mango or Berry **\$2.50**
- Organic Fruit Juice – Apple or Orange or Apple and raspberry **\$2.50**
- Natural Spring Water bottle **\$2.50**
- Rice Crackers **\$1.00**

### Available for lunch orders everyday

<b>Lunch Sandwiches</b> Chicken with salad sandwich Salad only sandwich <i>Salad includes (lettuce, tomato, cucumber and carrot)</i>	\$4.00
<b>Jaffle Toasties</b> (Baked beans or low-fat cheese)	\$3.00
<b>Vietnamese Banh Mi (Chicken or Salad)</b> <i>(Chicken, pickled carrots, coriander, spring onion, cucumber, soy sauce, butter)</i> Add your choice of sauce: Sweet chilli / barbeque / tomato relish / teriyaki / soy sauce	\$4.00 Small \$5.00 Large
<b>Hand-Made Spring Rolls x 4</b> <i>are hand-made in the kitchen with fresh, quality ingredients.</i>	\$4.50
<b>Hand-Made Crispy Wontons (Vegetarian) x 2</b> <i>are hand-made in the kitchen with fresh, quality ingredients.</i> <i>Ingredients: Chickpeas, carrot, mung beans &amp; corn</i>	\$2.50
<b>Little Beef Pastries (Banh Quai Vat) x 2</b> <i>are hand-made in the kitchen with fresh, quality ingredients.</i> <i>Ingredients: Beef, tomato &amp; carrot</i>	\$3.00 or \$1.50each
<b>Steamed Corn on the Cob (x2)</b> <i>Nuttelex dairy free butter and natural Himalayan salt</i>  <i>Tomato sauce, barbecue sauce and sweet chilli sauce are available free of charge at the canteen.</i> <i>*All hot foods are nut and egg free</i>	\$2.50

### Hot Food Specials

Tuesday only	<b>Mini-Pizza</b> – <i>English muffins with tomato sauce, pineapple, ham and low fat cheese</i>	\$2.50
Wednesday only	<b>Gourmet Burger</b> (Chicken or Vegetarian) – <i>Pattie, lettuce, tomato, butter, wholemeal bun, tomato sauce</i>	\$6.00
Thursday only	<b>Chicken Noodle Soup</b> - <i>Ingredients: Carrot, Chicken, Coriander, Egg-free noodles</i>	\$5.00
Friday only	<b>Italian Spaghetti</b> (Beef or Mushroom)	\$6.00