

# CRUDO

FOR SCHOOLS

JOIN OUR TRIBE

**Prospect Primary**  
SCHOOL

**Wednesdays + Fridays**  
DELIVERY DAYS

**7pm the night before**  
ORDER CUT-OFF



[WWW.CRUDOFORSCHOOLS.COM.AU](http://WWW.CRUDOFORSCHOOLS.COM.AU)

# Students Menu

**GF** gluten free   **VG** vegan   **V** vegetarian   **DF** dairy free   **EF** egg free

## Meals

### Caribbean Skewers

Tasty chicken and pumpkin skewers, with cucumber sticks and a paprika lime dipping sauce. Served with veggie rice.

*Caribbean Chicken (Chicken, Jerk Seasoning), Cucumber, Pumpkin, Veggie Rice (Brown Rice, Mushroom, Corn, Carrot, Potato, Pumpkin, GF Soy Sauce, Spring Onion, Salt, Pepper), Lemon Lime Paprika Dressing*

275g | 1520kJ | \$6.50

**GF** **DF**

### Veggie 'Not Fried' Rice

A veggie-spin on your classic favourite, made with brown rice and mixed veggies.

*Brown Rice, GF Soy Sauce, Mushroom, Sweetcorn, Carrot, Potato, Pumpkin, Spring Onion, Salt, Pepper.*

250g | 1020kJ | \$5.00

**GF** **DF** **VG**

### Tuna Pasta Salad

A 'you-wont-even-notice-its' gluten-free pasta with cooked tuna, cucumber, carrot, capsicum, tomato and lightly dressed with whole egg mayo.

*Gluten Free Pasta, Brined Tuna, Egg Mayonnaise, Cucumber, Carrot, Capsicum, Tomato, Spring Onion.*

200g | 1650kJ | \$6.00

**GF** **DF**

### Chicken 'Not-Fried' Rice

A little spin on your classic favourite, made with brown rice, chicken and mixed veggies.

*Brown Rice, Chicken, GF Soy Sauce, Sweetcorn, Carrot, Spring Onion, Potato, Pumpkin, Salt, Pepper.*

250g | 1260kJ | \$5.00

**GF** **DF** **EF**

### Chicken Pasta Salad

A 'you-wont-even-notice-its' gluten-free pasta with chicken, cucumber, carrot, capsicum, tomato and lightly dressed with a whole egg mayo.

*Gluten Free Pasta, Chicken, Whole Egg Mayonnaise, Cucumber, Carrot, Capsicum, Tomato, Spring Onion.*

200g | 1700kJ | \$6.00

**GF** **DF**

# Students Menu

## Wraps + Snacks

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### Salad Wrap

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The tastiest mix of coleslaw and cucumber, cocooned inside a wholegrain wrap.

*Wholegrain Wrap, Cucumber, Red Cabbage, White Cabbage, Whole Egg Mayonnaise.*

125g | 1200kJ | \$4.50



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### Steak Wrap

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Steak and avocado – a lovely little pairing for the ages. Wrapped in a wholegrain wrap along with lettuce and tomato.

*Wholegrain Wrap, Steak, Lettuce, Tomato, Dairy Free Avocado Dip, Salt, Pepper.*

125g | 1270kJ | \$6.00



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### Tuna Wrap

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Cooked tuna with cucumber, lettuce, avocado and a little lime juice, nestled inside a wholegrain wrap.

*Wholegrain Wrap, Brined Tuna, Cucumber, Lettuce, Avocado, Lime Juice*

125g | 888kJ | \$5.50



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### Veg + Dip Pack

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Feeling snacky? Have some carrot and cucumber sticks with hommus dip.

*Carrot, Cucumber, Hommus (Chickpeas, Water, Canola Oil, Tahini Paste (Sesame), Salt, Garlic)*

200g | 742kJ | \$4.00



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### Super Veggie Wrap

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When a regular wrap just won't cut it. With edamame beans for a protein-punch, cucumber, carrot, lettuce and hommus.

*Wholegrain Wrap, Cucumber, Edamame Beans, Hommus, Carrot, Lettuce.*

125g | 920kJ | \$5.00



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### Chicken Wrap

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Everyone's favourite. Grilled chicken wrapped in a wholegrain wrap with lettuce, cheese and whole egg mayonnaise.

*Wholegrain Wrap, Chicken, Lettuce, Cheese, Whole Egg Mayonnaise*

125g | 1490kJ | \$6.00

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### Fruit Packs

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Feeling fruity? Have some fruit skewers featuring some of your favourite fruits.

*Pineapple, Rockmelon, Strawberries, Grapes (ingredients may vary upon seasonal availability)*

100g | 222kJ | \$4.00





## How To Order

1. Log into **Qkr!** and place your order before 7pm the night before you would like it delivered.
2. Your order is picked, packed + prepared at our Crudo production facility using the same fresh, quality-checked produce we use for our retail lines.
3. Your child's lunch is delivered before 12:30pm in one of our Crudo vans.

**[crudoforschools.com.au](https://crudoforschools.com.au)**

head online for our ordering FAQ and contact details



## Crudo Facility

Not just a small commercial kitchen, we operate with love out of our quality-assured, safe and hygienic Crudo production facility.

This means we really can ensure the products that leave our facility are of the best quality possible, both in preparation and taste!



## Aussies Love Us

Our Crudo family have been putting smiles on dials since 2004, crafting healthy meals being sold across Coles, Woolies, independent supermarkets and OTR's.

We know Australians love our simply honest food, and we can't wait for your school to love us too.



## Sustainability First

As a large business, we know the importance of paying attention to the impact left on our planet. That's why we focus on sustainable practices with our farmers, production processes and our product packaging.

We genuinely feel it's our responsibility to lead by example so other businesses can follow suit.



## We're 100% Committed

We're in it to help shift the eating habits of our youth for a better future.

Did you know by the time your child hits 18, they would have spent over 100,000 hours at school? At peak curiosity, the habits they learn during this time can follow them through to adulthood. We want to give them the chance to foster the right habits.

