



# OVERPORT PRIMARY SCHOOL



## ON-LINE LUNCH ORDERS

**You can now order your child's lunch online @**

[www.myschoolconnect.com.au/](http://www.myschoolconnect.com.au/)

Download the App at the App Store or Google play

We have everything ready to go to make Lunch orders easy. All you need to do is register, add your kids, don't forget their grades, choose their lunch and we will take care of the rest. You can order in advance or on the morning until 9am Too easy!!

## CANTEEN LUNCH ORDERS

For orders direct to Canteen Please write the following details for your child's lunch order on a **Paper Bag**;

Child's Name & Grade, Food order, Cash amount enclosed

Food Allergies in **Red Pen**

Please provide one bag per order

\*If a bag is not supplied 20c for a bag will need to be included.

\* To help us to comply with Food Safety Regulations all Paper



**Grab a Coffee or Hot Choc on Canteen Days**

<b>Hot Chocolate</b>	<b>\$2.00</b>
<b>Coffee</b>	<b>\$3.30</b>
<b>Tea</b>	<b>\$2.00</b>

### TERM 3 2019

# CANTEEN MENU



### Nutritional Guide

**All the food in this Canteen Menu has been graded by Nutrition experts using smiley faces. This allows you to make informed choices about your child's daily nutritional requirements.**

😊😊 = Green    😊 = Amber

This Menu is in line with the DEECD School Canteen and other School food Policy.

Whilst we offer Gluten Free choices they are prepared with care in a Gluten environment

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

Facebook/stircrazykidscanteen

## TUMMY TEASERS

Available for lunch orders and every Canteen day at Recess and Lunchtime

😊😊	Orange 1/4	.30c
😊😊	Slinky Apple	\$1.00c
😊😊	Slice of Fruit in Season	.60c
😊	Mini Muffin	\$1.00c
😊	Anzac Biscuit	\$1.00c
😊	Corn Flake cookies (Gluten Free)	\$1.00c
😊😊	Garlic Finger	.50c
😊	Jumpys (Chicken/Salt&Vin)	\$1.10
😊	Vegie Chips (Gluten Free)	\$1.50
😊	Grain Waves	\$1.50
😊😊	Koala Pop Corn	\$1.50
	Plain Small Bag	.50c
😊	Ginger Bread People	\$2.00
😊😊	Yoghurt Tubs—Topped with Fruit Coulis	
	Sml- \$1.00 Med- \$1.50 Lge-\$2.00	

## DRINKS

😊😊 **Juice Box** 250ml— Apple /Orange

Apple & Blackcurrant \$1.80

😊 **Oak Milk** 300ml  
Choc / Straw / Vanilla \$2.50

😊😊 **Plain Milk** 300ml \$2.50

😊😊 **Lactose Free Choc Milk** \$2.50

😊 **Hot Chocolate** \$2.00



# Overport Primary School SPECIAL MEAL DAYS

## MUNCHY MONDAY

- ☺☺ Steamed Dim Sims  
With or without Soy sauce **\$1.00**

## TASTY TUESDAY

- ☺☺ Baked Macaroni Cheese **\$4.00**  
Add Tuna or Chicken for \$1.00

## WICKED WEDNESDAY

- ☺☺ Home made Chicken Noodle soup **\$4.40**

- ☺☺ Mrs Heinz Big Red Tomato soup **\$4.40**  
Served with a dinner Roll

## TEMPTING THURSDAY

- ☺ Mrs Mac's Lite N Up Sausage Roll 120gm **\$3.00**

- ☺ Mrs Mac's Lite N Up Meat Pie 175gm **\$4.50**  
Sauce **.20**

## FANCY FRIDAY

- ☺ Hot Dog **\$4.00**  
White Hi Fibre roll and Frankfurt  
Add Cheese **.20**  
Add sauce or mustard

## SPECIAL MEAL DEAL

Include an Oak Milk or Plain Milk for \$2.30 Add a Slinky Apple, Anzac, Corn Flake Cookie or a Mini Muffin for .80c each

## RIGHT-ON-WRAPPS

Tortilla Style Wrap with your choice of:

- ☺☺ Cheese & Salad \$4.00  
☺☺ Ham & Salad \$5.00  
☺☺ Chicken & Salad \$5.00  
☺☺ Tuna & Salad \$5.00

## SUPER SALAD BOWL

- ☺☺ Super Salad Bowl **\$4.00**



Lettuce, Tomato, Carrot, Cucumber & Cheese

Add any extra filling for \$1.00 EA

Chicken, Ham, Tuna, Egg, or Avocado

## HOT ITEMS ANY DAY

### Meal Deal Any Day

- ☺ Penne Pasta & Oak Milk \$6.30  
Add a Slinky Apple, Anzac, Corn Flake Cookie or a Mini Muffin for .80c each

- ☺☺ Penne Pasta with Cheese \$4.00  
(Available Gluten Free) \$4.40  
☺☺ Mini Corn Cob \$1.00  
☺☺ Hard Boiled Egg \$1.00  
☺☺ Fresh Chicken Zoomer  
With or without cheese \$4.80  
☺☺ Tuna, Chicken or Ham Melt  
Toasted with Corn & cheese \$4.80  
☺☺ Pita Pizzas Margarita \$4.00  
Ham & Cheese \$4.40  
Hawaiian \$4.80

## SUPER SANDWICHES

### & ROCK 'N' ROLLS

Your choice white Hi Fibre/Wholemeal rolls are available for an extra 60c

- ☺ Vegemite \$2.40  
☺ Honey \$2.40  
☺☺ Cheese \$2.70  
☺☺ Cheese & Vegemite \$3.00  
☺☺ Cheese & Lettuce \$3.20  
☺☺ Cheese & Tomato \$3.20  
☺☺ Egg \$3.20  
☺☺ Egg & Lettuce \$3.70  
☺☺ Fresh Chicken \$3.70  
☺☺ Fresh Chicken & Salad \$5.00  
☺☺ Ham \$3.70  
☺☺ Ham & Salad \$5.00  
☺☺ Ham & Cheese \$4.20  
☺☺ Ham, cheese and tomato \$4.70

Extra fillings, Tomato, Cheese, Carrot, Lettuce

All extra fillings are 60c each Avocado \$1.00

## Truly Tasty Toasties

- ☺ Vegemite \$2.40  
☺☺ Cheese \$2.70  
☺☺ Ham \$3.70  
☺☺ Ham & Cheese \$4.20  
☺☺ Chicken & Cheese \$4.20  
☺☺ Cheese & Vegemite \$3.00  
☺☺ Cheese & tomato \$3.20  
☺☺ Ham, cheese & Tomato \$4.70

Order online Details PTO