



OVERPORT PRIMARY SCHOOL



TERM 2 2024

CANTEEN MENU



Nutritional Guide

All The Food in this Canteen Menu has been ranked 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 DET 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

Facebook/stircrazykidscanteen

ON-LINE LUNCH ORDERS

You can order your child's lunch online



Stir Crazy Kids

Download the App at the App Store or Google play

We will 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. Add it to your cart. Add another order if needed. Checkout for all students together, and we will take care of the rest.

You can order in advance or on the day

Ordering closes at 9am Too easy!!

Categories are the same as this menu.

Need some help? support@stircrazykids.com.au

Call or text Donna 0405110407

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 30c for a bag will need to be included.

* To help us to comply with Food Safety Regulations all Paper Bags must be new



TUMMY TEASERS

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

😊😊	Orange 1/4	.60c
😊😊	Slinky Apple	\$1.30c
😊😊	Slice of Fruit in Season	\$1.50c
😊	Mini Muffin	\$1.30c
😊	Anzac Biscuit	\$1.30c
😊	Gluten Free cookie	\$1.60c
😊😊	Garlic Bread	.60c
😊	Jumpys (Chicken/Salt&Vin)	\$1.20
😊	Veggie Chips (Gluten Free)	\$2.20
😊	Grain Waves	\$2.20
😊😊	Cobs Pop Corn	\$2.20
	Small pop corn	\$1.00
😊	Ginger Bread People	\$2.70
😊😊	Vaalia Yoghurt Tubs— 100ml Tropical, Mixed berries, Blueberry, Lemon Crème, Passionfruit & Vanilla Available fresh or Frozen	\$2.00
😊😊	Quelch—Frozen Fruit Icy Pole	\$1.00

DRINKS

😊😊	Juice Box 250ml— Apple /Orange Apple & Blackcurrant	\$2.80
😊	Oak Milk 300ml Choc / Straw /Van	\$3.30
😊😊	Plain Milk	\$3.30
😊😊	Lactose Free Choc Milk	\$3.30
😊	Hot Chocolate	\$3.50
😊😊	Bottled water	\$2.20



Prices include the new State Gov Container Tax

SPECIAL MEAL DAYS

MUNCHY MONDAY

- ☺☺ Egg & Bacon Roll \$6.00
- Add Cheese slice \$1.00

TASTY TUESDAY

- ☺☺ Steamed Dim Sims \$1.50
- Gluten Free \$1.80
- Add Soy sauce .10

WICKED WEDNESDAY

- ☺☺ Crispy Chicken Tender Wrap \$5.50
- With Lettuce and Mayonnaise
- Add cheese \$1.00

TEMPTING THURSDAY

- ☺ Mrs Macs Sausage Roll \$4.00
- ☺ Mrs Macs Meat Pie \$6.00
- ☺ Gluten Free Pie \$7.00
- Vegan Pie \$6.50
- Tomato sauce 30c

FANCY FRIDAY

- ☺ Hot Dog or Vegan sausage \$5.00
- In a white long roll
- Add Cheese \$1.00c
- Lactose free cheese \$1.50
- Vegan Cheese \$1.50
- Tom sauce or mustard .30ea

SPECIAL MEAL DEAL

Include an Oak Milk or Plain Milk for \$3.10

Add a Slinky Apple, Anzac or a Mini Muffin for 1.10 each

RIGHT-ON-WRAPS

Mon -Thurs

Tortilla Style Wrap with your choice of:

- ☺☺ Cheese & Salad \$6.50
- ☺☺ Ham & Salad \$7.50
- ☺☺ Chicken & Salad \$7.50
- ☺☺ Tuna & Salad \$7.50

Add cheese for \$.100c. Lactose free cheese \$1.50
or avocado for \$1.50

SUPER SALAD BOWL

Mon -Thurs



- ☺☺ Super Salad Bowl \$6.00

Lettuce, Tomato, Carrot, Cucumber & Cheese

Add Chicken, Ham, Tuna, Egg,
or Avocado \$1.50

Lactose free cheese \$1.50c

HOT ITEMS ANY DAY

Meal Deal Any Day

- ☺☺ Penne Pasta & Oak Milk \$8.60
- Add a Slinky Apple, Anzac
or a Mini Muffin for 1.10c each

- ☺☺ Penne Pasta with Cheese \$5.50
- (Available Gluten Free) \$6.50
- ☺☺ Mini Corn Cob \$1.50
- ☺☺ Hard Boiled Egg \$1.50
- ☺☺ Chicken Zoomer with cheese \$6.00
- ☺☺ Tuna, Chicken or Ham Melt \$6.00
- Toasted with Corn & cheese \$6.00
- ☺☺ Pita Pizzas Margarita \$4.50
- Garlic & Cheese \$4.50
- Cheese & Vegemite \$4.50
- Ham & Cheese \$5.00
- Hawaiian \$5.50

Substitute with lactose free or Vegan Cheese for \$1.00

SUPER SANDWICHES

& ROCK 'N' ROLLS Mon-Thurs

Your Choice White Hi Fibre/Wholemeal Rolls are available for an extra \$1.00
Gluten Free Bread \$1.00 Lactose Free Cheese \$1.50

- ☺ Vegemite \$3.00
- ☺ Honey \$3.00
- ☺☺ Cheese \$3.50
- ☺☺ Cheese & Vegemite \$4.00
- ☺☺ Cheese & Lettuce \$4.50
- ☺☺ Cheese & Tomato \$4.50
- ☺☺ Egg \$4.00
- ☺☺ Egg & Lettuce \$5.00
- ☺☺ Fresh Chicken \$4.50
- ☺☺ Fresh Chicken & Salad \$6.50
- ☺☺ Ham \$4.50
- ☺☺ Ham & Salad \$6.50
- ☺☺ Ham & Cheese \$5.50

Extra fillings, Tomato, Cheese, Carrot, Lettuce
All extra fillings \$1.00 each Avocado \$1.50
Substitute with lactose free or Vegan Cheese for \$1.00

Truly Tasty Toasties

- ☺ Vegemite \$3.00
- ☺☺ Cheese \$3.50
- ☺☺ Ham \$4.50
- ☺☺ Ham & Cheese \$5.50
- ☺☺ Chicken & Cheese \$5.50
- ☺☺ Cheese & Vegemite \$4.00
- ☺☺ Cheese & Tomato \$4.50
- ☺☺ Ham, Cheese & tomato \$6.50

Substitute with lactose free or Vegan Cheese for \$1.00

Order online Details PTO