

OVERPORT PRIMARY SCHOOL



EFTPOS available at the Canteen





ON-LINE LUNCH ORDERS

You can now order your child's lunch online @

www.myschoolconnect.com.au/

Down load 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 Saftey Regulations all Paper Bags must be new

LAVATIA

Grab a Coffee or Hot Choc on Canteen Days Hot Chocolate \$2.20 Coffee \$3.50

Tea \$2.00

Light Milk and Soy Available

TERM 4 2021

CANTEEN MENU



Nutritional Guide

All The Food in this Canteen Menu has be ranked by Nutrition experts using smiley faces. This allows you to make informed choices about your child's daily nutritional requirements.

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

TUMMY TEASERS

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

$\odot \odot$	Orange 1/4	. 40c
00	Slinky Apple	\$1.00c
00	Slice of Fruit in Season	\$1.00c
	Mini Muffin	\$1.00c
	Anzac Biscuit	\$1.00c
	Corn Flake cookies (Gluten Free)	\$1.00c
00	Garlic Finger	.50c
	Jumpys (Chicken/Salt&Vin)	\$1.10
	Vegie Chips (Gluten Free)	\$1.50
	Grain Waves	\$1.50
©©	Cobs Pop Corn Plain Small Bag	\$1.50 .50c
	Ginger Bread People	\$2.20
00	Yoghurt Tubs—Topped with Fruit Coulis	
	Sml- \$1.00 Med- \$1.50 Lge-\$2.00	
©©	Available Frozen Frozen Fruit Icy Pole	\$1.00

DRINKS

Ook Milk
Choc / Straw / Vanilla \$2.60
Plain Milk \$2.60
Lactose Free Choc Milk \$2.60
Hot Chocolate \$2.20
Bottled water \$1.60

SPECIAL MEAL DAYS

MUNCHY MONDAY

Sushi Rolls with Carrot & Cucumber Serving size 2x1/2 Rolls Choose from: Tuna, Chicken , Honey Soy Chicken
Or Avocado
Soy sauce
\$5.50

TASTY TUESDAY

© Steamed Dim Sims \$1.00
Gluten Free \$1.50
With or without Soy sauce

WICKED WEDNESDAY

Chicken Burger \$5.00
Crumbed Chicken
Vegie delights burger
With Lettuce and Mayo
Add cheese \$5.00

TEMPTING THURSDAY

Mrs Macs Sausage Roll
 Mrs Macs Meat Pie
 Gluten Free meat pie
 Tomato sauce
 \$3.00
 \$4.50
 \$5.50
 20c

FANCY FRIDAY

\odot	Hot Dog or	\$4.00
$\odot\odot$	Vegan sausage	\$5.00
	In a white long roll	
	Add Cheese	.50
	Tomato sauce or mustard	.20

SPECIAL MEAL DEAL

Include an Oak Milk or Plain Milk for \$2.40

Add a Slinky Apple, Anzac, Corn Flake Cookie or a Mini Muffin for .90c each

RIGHT-ON-WRAPS

Tortilla Style Wrap with your choice of:

00	Cheese & Salad	\$4.50
00	Ham & Salad	\$5.00
00	Chicken & Salad	\$5.00
00	Tuna & Salad	\$5.00
Add cheese for .60c and avocado for \$1.00		

SUPER SALAD BOWL

Super Salad Bowl \$4.50



Lettuce, Tomato, Carrot, Cucumber & Cheese
Add any extra filling for \$1.00 EA
Chicken, Ham, Tuna, Egg, or Avocado
YUM! YUM! YUM!

HOT ITEMS ANY DAY

Meal Deal Any Day

© Penne Pasta & Oak Milk \$6.40 Add a Slinky Apple, Anzac , Corn Flake Cookie or a Mini Muffin for .90c each

©©	Penne Pasta v (Available Glut		\$4.00 \$4.40
$\odot \odot$	Mini Corn Cob	Mini Corn Cob	
$\odot \odot$	Hard Boiled E	1 9	\$1.00
© ©	Fresh Chicken With or withou Tuna , Chicker	ut cheese	\$5.00
	Toasted with C		\$4.80
©©		Iargarita Iam & Cheese Hawaiian	\$4.00 \$4.40 \$4.80

SUPER SANDWICHES

& ROCK 'N' ROLLS

Your Choice White Hi Fibre/Wholemeal Rolls are available for an extra 60c Gluten Free Bread .60& Lactose Free Cheese .60

	Vegemite	\$2.40
	Honey	\$2.40
$\odot \odot$	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
00	Ham & Cheese	\$4.20
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Extra fillings, Tomato, Cheese, Carrot, Lettuce All extra fillings are 60c each Avocado \$1.00

Truly Tasty Toasties

	Vegemite	\$2.40
© ©	Cheese	\$2.70
00	Ham	\$3.70
00	Ham & Cheese	\$4.20
00	Chicken & Cheese	\$4.20
00	Cheese & Vegemite	\$3.00
00	Cheese & Tomato	\$3.20
00	Ham, Cheese & tomato	\$4.80

Order online Details PTO