



OVERPORT PRIMARY SCHOOL



TERM 2 2023

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

Down load 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 and checkout for each student individually, 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

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



Grab a Coffee or Hot Choc on Canteen Days

Hot Chocolate \$2.50

Coffee \$4.00

Tea \$2.00

Light Milk and Soy Available

TUMMY TEASERS

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

😊😊	Orange 1/4	.50c
😊😊	Slinky Apple	\$1.20c
😊😊	Slice of Fruit in Season	\$1.20c
😊	Mini Muffin	\$1.20c
😊	Anzac Biscuit	\$1.20c
😊	Gluten Free cookie	\$1.40c
😊😊	Garlic Finger	.50c
😊	Jumpys (Chicken/Salt&Vin)	\$1.20
😊	Vegie Chips (Gluten Free)	\$1.80
😊	Grain Waves	\$1.80
😊😊	Cobs Pop Corn	\$1.80
	Plain Small Bag	.60c
😊	Ginger Bread People	\$2.50
😊😊	Yoghurt Tubs— 100ml	\$1.60
	Topped with Fruit Coulis	.30
	Strawberry Mango or Passion fruit	
	Available Frozen	
😊😊	Quelch—Frozen Fruit Icy Pole	\$1.00

DRINKS

😊😊	Juice Box 250ml— Apple /Orange	
	Apple & Blackcurrant	\$2.20
😊	Oak Milk 300ml	
	Choc / Straw /Van	\$3.00
😊😊	Plain Milk	\$3.00
😊😊	Lactose Free Choc Milk	\$3.00
😊	Hot Chocolate	\$2.50
😊😊	Bottled water	\$2.00



SPECIAL MEAL DAYS

MUNCHY MONDAY

☺☺ Steamed Dim Sims	\$1.10
Gluten Free	\$1.60
Add Soy sauce	.10c

TASTY TUESDAY

☺☺ Baked Macaroni & Cheese	\$4.80
Add Tuna, chicken or ham for	\$1.00

WICKED WEDNESDAY

☺☺ Crispy Chicken Tender Wrap	\$5.50
With Lettuce and Mayonnaise	
Add cheese	.50c
Add lactose free cheese	\$1.00

TEMPTING THURSDAY

☺ Mrs Mac's Sausage Roll	\$3.50
☺ Mrs Mac's Traveller Beef Pie	\$5.00
Gluten Free Pies	\$5.50
Vegan Pie	\$5.50

FANCY FRIDAY

☺ Hot Dog or Vegan sausage	
In a white long roll	\$4.50
Add Cheese	60c
Lactose free cheese	\$1.00
sauce or mustard	.30ea

SPECIAL MEAL DEAL

Include an Oak Milk or Plain Milk for \$2.70

Add a Slinky Apple, Anzac or a Mini Muffin for 1.00 each

RIGHT-ON-WRAPS

Mon -Thurs

Tortilla Style Wrap with your choice of:

☺☺ Cheese & Salad	\$6.00
☺☺ Ham & Salad	\$6.00
☺☺ Chicken & Salad	\$6.00
☺☺ Tuna & Salad	\$6.00

Add cheese for .60c. Lactose free cheese \$1.00 or avocado for \$1.00

SUPER SALAD BOWL

Mon -Thurs

☺☺ Super Salad Bowl	\$5.80
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Lettuce, Tomato, Carrot, Cucumber & Cheese

Add any extra filling for \$1.20 EA

Chicken, Ham, Tuna, Egg, or Avocado
Lactose free cheese .50c

HOT ITEMS ANY DAY

Meal Deal Any Day

☺☺ Penne Pasta & Oak Milk	\$7.50
Add a Slinky Apple, Anzac or a Mini Muffin for 1.00c each	

☺☺ Penne Pasta with Cheese	\$4.80
(Available Gluten Free)	\$5.80
☺☺ Mini Corn Cob	\$1.20
☺☺ Hard Boiled Egg	\$1.20
☺☺ Chicken Zoomer with cheese	\$5.50
☺☺ Tuna, Chicken or Ham Melt	
Toasted with Corn & cheese	\$5.50
☺☺ Pita Pizzas Margarita	\$4.20
Garlic & Cheese	\$4.20
Cheese & Vegemite	\$4.20
Ham & Cheese	\$4.70
Hawaiian	\$5.00

SUPER SANDWICHES

& ROCK 'N' ROLLS Mon-Thurs

Your Choice White Hi Fibre/Wholemeal Rolls are available for an extra 60c
Gluten Free Bread \$1.00 Lactose Free Cheese .60c

☺ Vegemite	\$2.80
☺ Honey	\$2.80
☺☺ Cheese	\$3.20
☺☺ Cheese & Vegemite	\$3.50
☺☺ Cheese & Lettuce	\$3.70
☺☺ Cheese & Tomato	\$3.70
☺☺ Egg	\$3.50
☺☺ Egg & Lettuce	\$4.00
☺☺ Fresh Chicken	\$4.00
☺☺ Fresh Chicken & Salad	\$6.00
☺☺ Ham	\$4.00
☺☺ Ham & Salad	\$6.00
☺☺ Ham & Cheese	\$4.70

Extra fillings, Tomato, Cheese, Carrot, Lettuce

All extra fillings are 60c each
Avocado \$1.00

Truly Tasty Toasties

☺ Vegemite	\$2.80
☺☺ Cheese	\$3.20
☺☺ Ham	\$4.00
☺☺ Ham & Cheese	\$4.70
☺☺ Chicken & Cheese	\$4.70
☺☺ Cheese & Vegemite	\$3.50
☺☺ Cheese & Tomato	\$3.70
☺☺ Ham, Cheese & tomato	\$5.30

Order online Details PTO