

SPRING

# 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/](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 Bags must be new

**LAVAZZA**

Grab a Coffee or Hot Choc on Canteen Days

Hot Chocolate \$2.00  
Coffee \$3.30  
Tea \$2.00  
Light Milk and Soy Available

## TERM 4 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

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	
	Available Frozen	
😊😊	Quelch—Frozen Fruit Icy Pole	\$1.00

## 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
😊😊	Bottled water	\$1.50



## SPECIAL MEAL DAYS

### MUNCHY MONDAY

- ☺☺ Sushi Rolls with Carrot & Cucumber  
Serving size 2 Rolls Choose from:  
Tuna, Chicken, Honey Soy Chicken  
Or Avocado **\$5.00**

### TASTY TUESDAY

- ☺☺ Quiche Lorraine. (egg & bacon pie)  
Egg, Bacon, onion & Cheese **\$4.80**

### WICKED WEDNESDAY

- ☺☺ Chicken Schnitzel Burgers  
Crumbed Chicken Breast with  
Lettuce and Mayo **\$5.00**  
Add Cheese **.50**

### TEMPTING THURSDAY

- ☺☺ Steamed Dim Sims **\$1.00**  
Gluten Free **\$1.50**  
With or without Soy sauce

### FANCY FRIDAY

- ☺ Hot Dog **\$4.00**  
White Hi Fibre roll and Frankfurt  
Add Cheese **.20**  
With or without 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

Add Cheese extra .50 Add Avocado extra \$1.00

## 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

YUM! YUM! YUM!



## 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