

## TERM 4 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

**LAVAZZA**

Grab a Coffee or Hot Choc on Canteen Days

Hot Chocolate \$3.00

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	.60c
😊😊	Slinky Apple	\$1.50c
😊😊	Slice of Fruit in Season	\$1.50c
😊	Mini Muffin	\$1.20c
😊	Anzac Biscuit	\$1.20c
😊	Gluten Free cookie	\$1.40c
😊😊	Garlic Finger	.60c
😊	Jumpys (Chicken/Salt&Vin)	\$1.20
😊	Veggie Chips (Gluten Free)	\$2.00
😊	Grain Waves	\$2.00
😊😊	Cobs Pop Corn	\$2.00
	Plain Small Bag	.60c
😊	Ginger Bread People	\$2.50
😊😊	Vaalia Yoghurt Tubs— 100ml	\$2.00
	Tropical, Mixed berries & Blueberry	
	Available fresh or Frozen	
😊😊	Yoghurt Tubs— 100ml	\$1.70
	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	\$2.50
😊	Oak Milk 250ml	
	Choc / Straw	\$3.00
😊😊	Plain Milk	\$3.00
😊😊	Lactose Free Choc Milk	\$3.00
😊	Hot Chocolate	\$3.00
😊😊	Bottled water	\$2.00



# Overport Primary School

## SPECIAL MEAL DAYS

### MUNCHY MONDAY

- 😊😊 Sushi Rolls with Carrot & Cucumber  
Serving size 2x1/2 Rolls Choose from:  
Tuna, Chicken, Honey Soy Chicken  
Or Avocado \$6.00  
2x Soy Sauce fish .30

### TASTY TUESDAY

- 😊😊 Meat Ball sub \$6.50  
Beef meat balls with passata sauce and  
cheese in a garlic buttered long roll.  
Lactose free cheese .80c

### WICKED WEDNESDAY

- 😊😊 Crispy Chicken Tender Wrap \$5.50  
With Lettuce and Mayonnaise  
Add cheese 80c  
Add Lactose free cheese \$1.20

### TEMPTING THURSDAY

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

### FANCY FRIDAY

- 😊 Hot Dog or Vegan sausage  
In a white long roll \$4.80  
Add Cheese 80c  
Lactose free cheese \$1.00  
Vegan Cheese \$1.20  
sauce or mustard .30ea

### SPECIAL MEAL DEAL

Include an Oak Milk or Plain Milk  
for \$2.80

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

## RIGHT-ON-WRAPS

Mon -Thurs

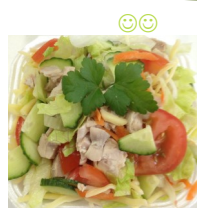
Tortilla Style Wrap with your choice of:

- 😊😊 Cheese & Salad \$5.80  
😊😊 Ham & Salad \$6.80  
😊😊 Chicken & Salad \$6.80  
😊😊 Tuna & Salad \$6.80

Add cheese for .60c. Lactose free cheese \$1.00  
or avocado for \$1.50

## SUPER SALAD BOWL

Mon -Thurs



- 😊😊 Super Salad Bowl \$6.00

Lettuce, Tomato, Carrot, Cucumber & Cheese

Add any extra filling for \$1.50 EA

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

## HOT ITEMS ANY DAY

### Meal Deal Any Day

- 😊😊 Penne Pasta & Oak Milk \$7.80  
Add a Slinky Apple, Anzac  
or a Mini Muffin for 1.00c each

- 😊😊 Penne Pasta with Cheese \$5.00  
(Available Gluten Free) \$6.00  
😊😊 Mini Corn Cob \$1.50  
😊😊 Hard Boiled Egg \$1.50  
😊😊 Chicken Zoomer with cheese \$5.80  
😊😊 Tuna, Chicken or Ham Melt  
Toasted with Corn & cheese \$5.50  
😊😊 Pita Pizzas Margarita \$4.30  
Garlic & Cheese \$4.30  
Cheese & Vegemite \$4.30  
Ham & Cheese \$4.80  
Hawaiian \$5.00

## SUPER SANDWICHES

& ROCK 'N' ROLLS Mon-Thurs

Your Choice White Hi Fibre/Wholemeal  
Rolls are available for an extra 80c  
Gluten Free Bread \$1.00 Lactose Free Cheese .60c

- 😊 Vegemite \$3.00  
😊 Honey \$3.00  
😊😊 Cheese \$3.40  
😊😊 Cheese & Vegemite \$3.70  
😊😊 Cheese & Lettuce \$3.90  
😊😊 Cheese & Tomato \$3.90  
😊😊 Egg \$3.50  
😊😊 Egg & Lettuce \$4.20  
😊😊 Fresh Chicken \$4.20  
😊😊 Fresh Chicken & Salad \$6.50  
😊😊 Ham \$4.20  
😊😊 Ham & Salad \$6.50  
😊😊 Ham & Cheese \$4.70

Extra fillings, Tomato, Cheese, Carrot, Lettuce

All extra fillings are 60c each

Avocado \$1.50

## Truly Tasty Toasties

- 😊 Vegemite \$3.00  
😊😊 Cheese \$3.40  
😊😊 Ham \$4.40  
😊😊 Ham & Cheese \$4.90  
😊😊 Chicken & Cheese \$4.90  
😊😊 Cheese & Vegemite \$3.70  
😊😊 Cheese & Tomato \$3.90  
😊😊 Ham, Cheese & tomato \$5.50

Order online Details PTO