

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

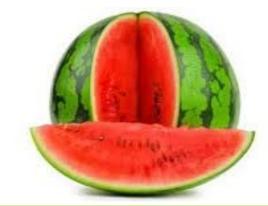
*If a bag is not supplied 20c for a bag will need to be included. * To help us to comply with Food Saftey Regulations all Paper Bags must be new



Grab a Coffee or Hot Choc on Canteen Days Hot Chocolate \$2.00 Coffee \$3.50 Tea \$2.00 Light Milk and Soy Available

TERM 1 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.

©©=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



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

00	Orange 1/4	. 30c
\odot	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
\odot	Garlic Finger	.50c
	Jumpys (Chicken/Salt&Vin)	\$1.10
	Vegie Chips (Gluten Free)	\$1.50
	Grain Waves	\$1.50
00	Cobs Pop Corn Plain Small Bag	\$1.50 .50c
	Ginger Bread People	\$2.00
00	Yoghurt Tubs—Topped with Fruit Coulis	
	Sml- \$1.00 Med- \$1.50 Lge-\$2.00	
	Available Frozen	
00	Quelch—Frozen Fruit Icy Pole	\$1.00

DRINKS

	OU Juice Box 250ml– Apple /Ora	inge
	Apple & Blackcurrant	\$1.80
	😊 Oak Milk	
	Choc / Straw / Vanilla	\$2.50
	©© Plain Milk	\$2.50
CHOCOLAT	Coc 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

\$5.20

TASTY TUESDAY

\$5.00 **Beef Burger** Add Cheese .50 With burger or tomato Sauce

WICKED WEDNESDAY

©© Parma Pocket \$5.00 Crumbed chicken with Napoli sauce cheese & ham toasted in a wrap

TEMPTING THURSDAY

\odot	Steamed Dim Sims	\$1.00
	Gluten Free	\$1.50

With or without Soy sauce

FANCY FRIDAY

)	Hot Dog	
	White Hi Fibre roll and Frankfurt	\$4.00
	Add Cheese	.40
	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 .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 \$4.00 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

 \odot Penne Pasta & Oak Milk \$6.30 Add a Slinky Apple, Anzac, Corn Flake Cookie or a Mini Muffin for .90c each

00		a with Cheese Gluten Free)	\$4.00 \$4.40
00	Mini Corn Cob		\$1.00
00	Hard Boiled Egg		\$1.00
00 00	Fresh Chicken Zoomer With or without cheese Tuna , Chicken or Ham Melt Toasted with Corn & cheese		\$4.80 \$4.80
00	Pita Pizzas	Margarita Ham & Cheese Hawaiian	\$4.80 \$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
00	Cheese	\$2.70
00	Cheese & Vegemite	\$3.00
00	Cheese & Lettuce	\$3.20
00	Cheese & Tomato	\$3.20
00	Egg	\$3.20
00	Egg & Lettuce	\$3.70
00	Fresh Chicken	\$3.70
00	Fresh Chicken & Salad	\$5.00
00	Ham	\$3.70
00	Ham & Salad	\$5.00
00	Ham & Cheese	\$4.20
Extra fillings, Tomato, Cheese, Carrot, Lettuce		

All extra fillings are 60c each Avocado \$1.00

Truly Tasty Toasties

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

Order online Details PTO