



KINGSWOOD PRIMARY SCHOOL



TERM 3 2024

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



Download 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, pop in a fake email for each student, don't forget their grades, choose their lunch. Add it to your cart.

Add another order if needed. Checkout for all students together, 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

Call or text Donna 0405110407

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



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	\$1.50c
😊	Anzac Biscuit	\$1.50c
😊	Gluten Free cookie	\$1.80c
😊😊	Garlic Bread	.60c
😊	Jumpys (Chicken/Salt&Vin)	\$1.20
😊	Veggie Chips (Gluten Free)	\$2.30
😊	Grain Waves	\$2.30
😊😊	Cobs Pop Corn	\$2.30
	Small pop corn	\$1.00
😊	Ginger Bread People	\$3.00
😊😊	Vaalia Yoghurt Tubs— 100ml Tropical, Mixed berries, Blueberry, Lemon Crème, Passionfruit & Vanilla Available fresh or Frozen	\$2.00
😊😊	Quelch—Frozen Fruit Icy Pole	\$1.00

DRINKS



😊😊	Juice Box 250ml— Apple /Orange Apple & Blackcurrant	\$2.80
😊	Oak Milk less sugar 300ml Choc / Straw	\$3.50
😊😊	Plain Milk	\$3.50
😊😊	Lactose Free Choc Milk	\$3.50
😊😊	Bottled water	\$2.20

Prices include the new State Gov Container Tax

SPECIAL MEAL DAYS

MUNCHY MONDAY

- ☺☺ Meat Ball sub **\$6.50**
Beef meat balls with passata sauce and cheese in a garlic buttered long roll.
Lactose free cheese 50c

TASTY TUESDAY

- ☺☺ Chicken Schnitzel Burgers **\$6.00**
Crumbed Chicken with lettuce & mayo
Add Cheese **\$1.00**
- ☺☺ Vegie Delight burger **\$6.00**
With lettuce & vegan mayo
Add Vegan Cheese **\$1.50**
Tomato sauce **30c**

TEMPTING THURSDAY

- ☺ Mrs Macs Sausage Roll **\$4.00**
- ☺ Mrs Macs Meat Pie **\$6.00**
- ☺ Gluten Free Pie **\$6.50**
- Vegan Pie **\$6.00**
Available Halal Tomato sauce **30c**

FANCY FRIDAY

- ☺ Hot Dog, Vegan sausage
Beef sausage or Chicken sausage
Available Halal In a white long roll **\$5.00**
Add Cheese **\$1.00**
Vegan or Lactose free cheese **\$1.50**
BBQ sauce, Tom sauce or mustard **.30ea**

SPECIAL MEAL DEAL

Include an Oak Milk or Plain Milk for \$3.30

Add a Slinky Apple, Anzac or a Mini Muffin for 1.30 each

RIGHT-ON-WRAPS

Mon Tues Thurs

Tortilla Style Wrap with your choice of:

- ☺☺ Cheese & Salad \$6.70
- ☺☺ Ham & Salad \$7.70
- ☺☺ Chicken & Salad \$7.70
- ☺☺ Tuna & Salad \$7.70

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

SUPER SALAD BOWL

Mon Tues Thurs



- ☺☺ Super Salad Bowl **\$6.00**

Lettuce, Tomato, Carrot, Cucumber & Cheese

Add Chicken, Ham, Tuna, Egg, or Avocado **\$1.50**

Lactose free or vegan cheese \$1.50c ea

HOT ITEMS ANY DAY

Meal Deal Any Day

- ☺☺ Penne Pasta & Oak Milk **\$9.00**
Add a Slinky Apple, Anzac or a Mini Muffin for 1.30c each

- ☺☺ Penne Pasta with Cheese \$5.70
(Available Gluten Free) \$6.70
- ☺☺ Mini Corn Cob \$1.50
- ☺☺ Hard Boiled Egg \$1.50
- ☺☺ Chicken Zoomer with cheese \$6.50
- ☺☺ Tuna, Chicken or Ham Melt
Toasted with Corn & cheese \$6.00
- ☺☺ Pita Pizzas Margarita \$4.50
Garlic & Cheese \$4.50
Cheese & Vegemite \$4.50
Ham & Cheese \$5.00
Hawaiian \$5.50

SUPER SANDWICHES

& ROCK 'N' ROLLS Mon, Tues Thurs

Your Choice White Hi Fibre/Wholemeal Rolls are available for an extra \$1.00
Gluten Free Bread \$1.00 Lactose Free Cheese \$1.50

- ☺ Vegemite \$3.10
- ☺ Honey \$3.10
- ☺☺ Cheese \$3.60
- ☺☺ Cheese & Vegemite \$4.10
- ☺☺ Cheese & Lettuce \$4.60
- ☺☺ Cheese & Tomato \$4.60
- ☺☺ Egg \$4.10
- ☺☺ Egg & Lettuce \$5.10
- ☺☺ Fresh Salad \$5.10
- ☺☺ Fresh Chicken \$4.60
- ☺☺ Fresh Chicken & Salad \$6.60
- ☺☺ Ham \$4.60
- ☺☺ Ham & Salad \$6.60
- ☺☺ Ham & Cheese \$5.60

Extra fillings, Tomato, Cheese, Carrot, Lettuce
All extra fillings are \$1.00 each
Avocado \$1.50 Vegan Cheese \$1.50

Truly Tasty Toasties

- ☺ Vegemite \$3.10
- ☺☺ Cheese \$3.60
- ☺☺ Ham \$4.60
- ☺☺ Ham & Cheese \$5.60
- ☺☺ Chicken & Cheese \$5.60
- ☺☺ Cheese & Vegemite \$4.10
- ☺☺ Cheese & Tomato \$4.60
- ☺☺ Ham, Cheese & tomato \$6.60

Substitute with Lactose free or Vegan cheese for \$1.00

Order online Details PTO