



MT ELIZA PRIMARY SCHOOL



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 8.45 am 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 \$3.50
Tea \$2.00
Light Milk and Soy Available

TERM 1 2020

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 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	\$1.00c
😊	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
😊😊	CobbsPop 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 **\$5.20**

TASTY TUESDAY

☺☺ Beef Burger **\$5.00**

Add Cheese .50

With burger or tomato Sauce

WICKED WEDNESDAY

☺☺ Crispy Chicken Tender Wrap

With Lettuce and Mayonnaise **\$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

White Hi Fibre roll and Frankfurt **\$4.00**

Add Cheese .20

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-WRAPS

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 .60c add avocado \$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
Gluten Free Bread .60 Lactose Free Cheese .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

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
☺☺	Ham & Cheese & tomato	\$4.70
☺☺	Chicken & Cheese	\$4.20
☺☺	Cheese & Vegemite	\$3.00
☺☺	Cheese & Tomato	\$3.20

Order online Details PTO