

SPRING

# MT ELIZA PRIMARY SCHOOL



## ON-LINE LUNCH ORDERS

You can now order your child's lunch online @ [www.myschoolconnect.com.au](http://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 8.45am Too easy!!  
Categories are the same as this menu.

## 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 \$3.00  
Tea \$2.00

TERM 4 2018

# 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 these are prepared with care in a Gluten environment

[info@stircrazykids.com.au](mailto:info@stircrazykids.com.au)

[Facebook/stircrazykidscanteens](https://www.facebook.com/stircrazykidscanteens)

## TUMMY TEASERS

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

😊😊	Orange 1/4	. 20c
😊😊	Slinky Apple	\$1.00c
😊😊	Slice of Fruit in Season	.50c
😊	Mini Muffin	\$1.00c
😊	Anzac Biscuit	\$1.00c
😊	Corn Flake cookies (Gluten Free)	\$1.00c
😊😊	Garlic Finger (slice of Garlic Bread)	.50c
😊	Jumpys (Chicken/Salt&Vin)	\$1.10
😊	Vege Chips (Gluten Free)	\$1.50
😊	Grain Waves	\$1.50
😊😊	Pop Corn Large	\$1.50
😊😊	Small Bag	.50c
😊	Ginger Bread People	\$1.50
😊😊	Yoghurt Tubs--Topper with Fruit Coulis	Sml- \$1.00 Med- \$1.50 Lge-\$2.00
😊😊	Juicies--Frozen Fruit Icy Pole	\$1.00

## DRINKS

😊😊	Juice Box 250ml- Apple /Orange	
	Apple & Blackcurrant	\$1.60
😊	Oak Milk 300ml	
	Choc / Straw / Vanilla	\$2.20
😊😊	Plain Milk 300ml	\$2.20
😊😊	Lactose Free Choc Milk	\$2.20
😊	Hot Chocolate	\$2.00
😊😊	Bottled water	\$1.50



## MT ELIZA PRIMARY 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 **\$4.60**

### WICKED WEDNESDAY

- ☺☺ Chicken Schnitzel Burger **\$4.80**  
Add Cheese 50c  
With Lettuce and Mayonnaise

### TEMPTING THURSDAY

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

### FANCY FRIDAY

- ☺ Hot Dog in a Roll **\$3.80**  
Is Don Is Good Frankfurt  
Add Cheese .20  
With or without sauce or mustard

### SPECIAL MEAL DEAL

Include an Oak Milk or Plain Milk for \$2.00  
Add a Slinky Apple, Anzac, Cornflake  
cookie or a Mini Muffin for .80c each

## RIGHT-ON-WRAPPS

Tortilla Style Wrap with your choice of:

- |    |                 |        |
|----|-----------------|--------|
| ☺☺ | Cheese & Salad  | \$3.80 |
| ☺☺ | Ham & Salad     | \$4.80 |
| ☺☺ | Chicken & Salad | \$4.80 |
| ☺☺ | Tuna & Salad    | \$4.80 |

## 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 **\$5.80**  
Add a Slinky Apple, Anzac Cornflake cookie  
or a Mini Muffin for .80c each

- |    |                            |        |
|----|----------------------------|--------|
| ☺☺ | Penne Pasta with Cheese    | \$3.80 |
|    | (Available Gluten Free)    |        |
| ☺☺ | Mini Corn Cob              | \$1.00 |
| ☺☺ | Hard Boiled Egg            | \$1.00 |
| ☺☺ | Fresh Chicken Zoomer       |        |
|    | With or without cheese     | \$4.50 |
| ☺☺ | Tuna, Chicken or Ham Melt  |        |
|    | Toasted with Corn & cheese | \$4.50 |
| ☺☺ | Pita Pizzas                |        |
|    | Margarita                  | \$3.80 |
|    | Ham & Cheese               | \$4.20 |
|    | Hawaiian                   | \$4.40 |

## SUPER SANDWICHES

& ROCK 'N' ROLLS

Your Choice White Hi Fibre/Wholemeal  
Rolls are available for an extra 50c  
Gluten Free Bread & Lactose Free Cheese Available

- |    |                       |        |
|----|-----------------------|--------|
| ☺  | Vegemite              | \$2.30 |
| ☺  | Honey                 | \$2.30 |
| ☺☺ | Cheese                | \$2.50 |
| ☺☺ | Cheese & Vegemite     | \$2.80 |
| ☺☺ | Cheese & Lettuce      | \$3.00 |
| ☺☺ | Cheese & Tomato       | \$3.00 |
| ☺☺ | Egg                   | \$3.00 |
| ☺☺ | Egg & Lettuce         | \$3.50 |
| ☺☺ | Fresh Chicken         | \$3.50 |
| ☺☺ | Fresh Chicken & Salad | \$4.80 |
| ☺☺ | Ham                   | \$3.50 |
| ☺☺ | Ham & Salad           | \$4.80 |
| ☺☺ | Ham & Cheese          | \$4.00 |

Extra fillings, Tomato, Cheese, Carrot, Lettuce  
All extra fillings are 50c each  
Avocado \$1.00

## Truly Tasty Toasties

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|----|-------------------|--------|
| ☺  | Vegemite          | \$2.30 |
| ☺☺ | Cheese            | \$2.50 |
| ☺☺ | Ham               | \$3.50 |
| ☺☺ | Ham & Cheese      | \$4.00 |
| ☺☺ | Chicken & Cheese  | \$4.00 |
| ☺☺ | Cheese & Vegemite | \$2.80 |
| ☺☺ | Cheese & Tomato   | \$3.00 |

Order online Details PTO

EFTPOS available at the Canteen