



FRANKSTON HEIGHTS PRIMARY SCHOOL



TERM 3 2022

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

ON-LINE LUNCH ORDERS

You can order your child's lunch online

Stir Crazy Kids



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, 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

Call 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 20c 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 to order for recess and lunch

😊😊	Orange 1/4	.50c
😊😊	Slinky Apple	\$1.10c
😊😊	Slice of Fruit in Season	\$1.10c
😊	Mini Muffin	\$1.10c
😊	Anzac Biscuit	\$1.10c
😊	Gluten Free Anzac Biscuit	\$1.20c
😊😊	Garlic Finger	.50c
😊	Jumpys (Chicken/Salt&Vin)	\$1.10
😊	Vegie Chips (Gluten Free)	\$1.60
😊	Grain Waves	\$1.60
😊😊	Cobs Pop Corn	\$1.60
	Plain Small Bag	.60c
😊	Ginger Bread People	\$2.30
😊😊	Yoghurt Tubs—Topped with Fruit Coulis	
	Sml- \$1.10 Med- \$1.60	
	Available Frozen	
😊😊	Quelch—Frozen Fruit Icy Pole	\$1.00

DRINKS

😊😊	Juice Box 250ml— Apple /Orange	
	Apple & Blackcurrant	\$2.00
😊	Oak Milk 250ml	
	Choc / Straw /Van	\$2.70
😊😊	Plain Milk	\$2.70
😊😊	Lactose Free Choc Milk	\$2.70
😊	Hot Chocolate	\$2.20
😊😊	Bottled water	\$1.60



SPECIAL MEAL DAYS

MUNCHY MONDAY

☺☺	Chicken Burger Crumbed Chicken in a roll	\$5.00
	Vegie Delight Crumbed burger Both with Lettuce and Mayo	\$5.50
	Add cheese	.50c
	Vegan cheese	\$1.00

TEMPTING THURSDAY

☺	Mrs Mac's Sausage Roll	\$3.50
☺	Mrs Mac's Traveller Beef Pie	\$5.00
☺	Gluten Free Pie Tomato sauce	\$5.50 30ea

FANCY FRIDAY

☺	Hot Dog or Vegan sausage In a white long roll	\$4.40
	Add Cheese	.50
	sauce or mustard	.30

SPECIAL MEAL DEAL

Include an Oak Milk or Plain Milk for \$2.50

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



RIGHT-ON-WRAPS

Mon & Thurs

Tortilla Style Wrap with your choice of:

☺☺	Cheese & Salad	\$4.80
☺☺	Ham & Salad	\$5.80
☺☺	Chicken & Salad	\$5.80
☺☺	Tuna & Salad	\$5.80

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

SUPER SALAD BOWL

Mon & Thurs



☺☺	Super Salad Bowl	\$5.00
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Lettuce, Tomato, Carrot, Cucumber & Cheese

Add any extra filling for \$1.00 EA

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

HOT ITEMS ANY DAY

Meal Deal Any Day

☺☺	Penne Pasta & Oak Milk	\$6.90
	Add a Slinky Apple, Anzac or a Mini Muffin for 1.00c each	

☺☺	Penne Pasta with Cheese (Available Gluten Free)	\$4.40 \$5.40
☺☺	Mini Corn Cob	\$1.00
☺☺	Hard Boiled Egg	\$1.00
☺☺	Chicken Zoomer with cheese	\$5.00
☺☺	Tuna, Chicken or Ham Melt Toasted with Corn & cheese	\$5.00
☺☺	Pita Pizzas Margarita	\$4.00
	Garlic & Cheese	\$4.00
	Cheese & Vegemite	\$4.00
	Ham & Cheese	\$4.50
	Hawaiian	\$4.80

SUPER SANDWICHES

& ROCK 'N' ROLLS Mon & Thurs

Your Choice White Hi Fibre/Wholemeal Rolls are available for an extra 60c
Gluten Free Bread \$1.00 Lactose Free Cheese .50c

☺	Vegemite	\$2.60
☺	Honey	\$2.60
☺☺	Cheese	\$2.90
☺☺	Cheese & Vegemite	\$3.30
☺☺	Cheese & Lettuce	\$3.50
☺☺	Cheese & Tomato	\$3.40
☺☺	Egg	\$3.40
☺☺	Egg & Lettuce	\$3.80
☺☺	Fresh Chicken	\$3.90
☺☺	Fresh Chicken & Salad	\$5.80
☺☺	Ham	\$3.90
☺☺	Ham & Salad	\$5.80
☺☺	Ham & Cheese	\$4.50

Extra fillings, Tomato, Cheese, Carrot, Lettuce

All extra fillings are 60c each

Avocado \$1.00

Truly Tasty Toasties

☺	Vegemite	\$2.60
☺☺	Cheese	\$2.90
☺☺	Ham	\$3.90
☺☺	Ham & Cheese	\$4.50
☺☺	Chicken & Cheese	\$4.50
☺☺	Cheese & Vegemite	\$3.30
☺☺	Cheese & Tomato	\$3.50
☺☺	Ham, Cheese & tomato	\$5.10

Order online Details PTO