



# KINGSWOOD PRIMARY SCHOOL



## ON-LINE LUNCH ORDERS

You can order your child's lunch online

**Stir Crazy Kids**



Down load 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 check-out 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](mailto:support@stircrazykids.com.au)  
Call 0405110407

## TERM 3 2022

# 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 these are prepared with care in a Gluten environment

**GF Gluten Free V Vegetarian H Halal**

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

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

## TUMMY TEASERS

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

☺☺	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 cookie	\$1.10c
☺☺	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	
	Choc / Straw / Vanilla	\$2.70
☺☺	Plain Milk	\$2.70
☺☺	Lactose Free Choc	\$2.70
☺	Hot Chocolate	\$2.20
☺☺	Bottled water	\$1.60



# Kingswood Primary

## SPECIAL MEAL DAYS

### MUNCHY MONDAY

- ☺☺ Egg & Bacon Roll \$5.00  
Add Cheese slice .50

### TASTY TUESDAY

- ☺☺ Chicken Burger \$5.00  
Crumbed Chicken
- Veggie delights Burger \$5.50  
With Lettuce and Mayo
- Add cheese .50c  
Available Halal

### TEMPTING THURSDAY

- ☺ Mrs Macs Sausage Roll \$3.50
- ☺ Mrs Macs Meat Pie \$5.00  
Available Halal
- ☺ Gluten free meat pie \$5.50  
Sauce .30c

### FANCY FRIDAY

- ☺ Hot Dog , Beef Sausage H \$4.40  
Or a Chicken sausage \$4.40  
Vegan sausage \$4.40  
In a long roll
- Add Cheese .50
- Add sauce or mustard .30 ea.

## SPECIAL MEAL DEAL

Include an Oak Milk or Plain Milk for \$2.50 Add a Slinky Apple, Anzac, Cornflake cookie 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
- ☺☺ H Chicken & Salad \$5.80
- ☺☺ Tuna & Salad \$5.80
- Add cheese 50c Lactose free cheese \$1.00
- Add avocado for \$1.00

## SUPER SALAD BOWL

Mon-Thurs

- ☺☺ Super Salad Bowl GF \$5.00  
Lettuce, Tomato, Carrot, Cucumber & Cheese
- Add any extra filling for \$1.00 EA  
Chicken, Ham, Tuna, Egg, or Avocado
- Lactose free cheese .60c



## HOT ITEMS ANY DAY

### Meal Deal Any Day

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

- ☺☺ Penne Pasta with Cheese V \$4.40  
(Available Gluten Free \$5.40)
- ☺☺ Mini Corn Cob V \$1.00
- ☺☺ Hard Boiled Egg \$1.00
- ☺☺ Chicken Zoomer & cheese H \$5.00
- ☺☺ Tuna, Chicken H or Ham Melt  
Toasted with Corn & cheese \$5.00
- ☺☺ Pita Pizzas Margarita V \$4.00  
Garlic & Cheese \$4.00  
Vegemite & Cheese \$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 80c  
Gluten Free Bread \$1.00 Lactose Free Cheese .1.00c

- ☺ Vegemite \$2.60
- ☺ Honey \$2.60
- ☺☺ Cheese \$2.90
- ☺☺ Cheese & Vegemite \$3.30
- ☺☺ Cheese & Lettuce \$3.50
- ☺☺ Cheese & Tomato \$3.50
- ☺☺ Egg \$3.40
- ☺☺ Egg & Lettuce \$3.90
- ☺☺ H Fresh Chicken \$3.90
- ☺☺ H Fresh Chicken & Salad \$5.60
- ☺☺ Ham \$3.90
- ☺☺ Ham & Salad \$5.90
- ☺☺ Ham & Cheese \$4.50

Extra fillings, Tomato, Cheese, Carrot, Lettuce  
All extra fillings are 60c each Avocado \$1.00  
Lactose free cheese ex 1.00c GF bread .1.00

## Truly Tasty Toasty's

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

Order online Details PTO

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