



# SOMERVILLE RISE PRIMARY SCHOOL



## ON-LINE LUNCH ORDERS

You can now order your child's lunch online @

[www.myschoolconnect.com.au](http://www.myschoolconnect.com.au)

Download 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 8.30am Too easy!! Categories are the same as this menu with some extra yummy choices. 😊

## 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



Grab a Coffee or Hot Choc

Hot Chocolate \$2.00  
Coffee SM \$3.30  
Tea \$2.00  
Light Milk and Soy Available

## TERM 1 2019

# 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 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/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	.60c
😊	Mini Muffin	\$1.00c
😊	Anzac Biscuit	\$1.00c
😊	Corn Flake cookies (Gluten Free)	\$1.00c
😊😊	Garlic Finger	.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	\$2.00
😊😊	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	\$1.80
😊	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**

**WICKED WEDNESDAY**

☺☺ Crispy Chicken Tender Wrap  
With Lettuce and Mayonnaise **\$5.00**

**TEMPTING THURSDAY**

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

**FANCY FRIDAY**

☺ Hot Dog **\$4.00**  
White Hi Fibre roll and Frankfurt  
Add Cheese **.20**  
With or without sauce or mustard

**SPECIAL MEAL DEAL**

Include an Oak Milk or Plain Milk for \$2.20 Add a Slinky Apple, Anzac, Cornflake cookie or a Mini Muffin for .80c each

**RIGHT-ON-WRAPPS**

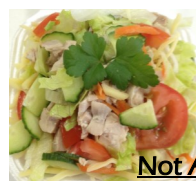
Tortilla Style Wrap with your choice of:

☺☺ Cheese & Salad \$4.00  
☺☺ Ham & Salad \$5.00  
☺☺ Chicken & Salad \$5.00  
☺☺ Tuna & Salad \$5.00

**Not Available Fridays due to early lunch time**

**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!

**Not Available Fridays due to early lunch time**

**HOT ITEMS ANY DAY**

**Meal Deal Any Day**

☺ Penne Pasta & Oak Milk **\$6.20**  
Add a Slinky Apple, Anzac Cornflake cookie  
or a Mini Muffin for .80c each

☺☺ Penne Pasta with Cheese **\$4.00**  
(Available Gluten Free)  
☺☺ Mini Corn Cob **\$1.00**  
☺☺ Hard Boiled Egg **\$1.00**  
☺☺ 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 50c

Gluten Free Bread & Lactose Free Cheese Available

**Not Available Fridays due to early lunch time**

☺ 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 50c each  
Avocado \$1.00

**Truly Tasty Toasties**

☺ Vegemite \$2.40  
☺☺ Cheese \$2.70  
☺☺ Ham \$3.70  
☺☺ Ham & Cheese \$4.20  
☺☺ Chicken & Cheese \$4.20  
☺☺ Cheese & Vegemite \$3.00  
☺☺ Cheese & Tomato \$3.20

**Order online Details PTO**