**Canteen Menu**

**Kingsford Smith School**

Open Monday to Friday from 8:30am - 2:00pm  
Phone 6205 6757 (canteen manager - Ruth)  
ksscanteen@hotmail.com

**Healthier choices**

Foods and drinks tagged green are the better food choices as they contain a wide range of nutrients and are generally low in saturated fat and/or sugar and/or salt. Choosing these foods will help your body get the nutrients it needs to be healthy and happy.

**Flexischools** - Make ordering easy by using our online ordering service. Go to www.flexischools.com.au to simply click and order! Orders can be made a day ahead. Cut off time for online orders is 9:00am on the day the order is to be supplied.

### Soup (available Term 2 & 3 only)

Varieties include Pumpkin, Chicken Noodle (bread roll extra .50c)  
$3.50

### Salads

- Fruit Salad  
  $3.00  
- Caesar Salad  
  $4.00  
- Chicken Caesar, Ham, Tuna Salad  
  $5.00

### Tortilla Wraps

Salad, Ham, Tuna, Chicken  
$4.00 (half $3.00)

### Sandwiches

Jam, Vegemite, Ham, Chicken, Tuna, Cheese, Salad  
$3.00

### Rolls

Ham, Chicken, Tuna, Cheese, Salad  
$4.00

### Burgers

Hamburger, Vegie, Chicken, Fish Burgers  
$5.00  
Cheese Burger  
$3.00

### Hot Food

- Hash Brown  
  $1.00  
- Sausage Roll (home made)  
  $2.50  
- Fried Rice (vegetarian)  
  $4.50  
- Corn on Cob  
  $1.00  
- Party Pie  
  $1.50  
- Meatball Sub  
  $4.00  
- Chicken Pasties (home made)  
  $2.00  
- Sweet Chilli Chicken Roll  
  $4.00  
- Hot Spud (cheese, ham, baked beans and/or corn)  
  $3.50

#### Spring Roll (vegetarian)

$0.80 or 3 for $2.00

#### Chicken Crackde

$0.80 or 3 for $2.00

### Snacks

- Fruit  
  $0.50  
- Carrot Sticks  
  $0.05  
- Milo  
  $1.00  
- Muffin (home made - milo & apple cinnamon)  
  $0.50

- Popcorn  
  $0.50  
- Rice Cracker Snacks  
  $0.50  
- Tomato Sauce  
  $0.20

- Extra Spoon/Fork  
  $0.05
Drinks and Frozen Treats

Bottled Water (600ml) $1.00
Bottled Water (300ml) $0.50
Small Moove (300ml) (chocolate, strawberry) $2.50
Large Moove (600ml) (chocolate, strawberry) $4.00
Plain milk HiLo (300ml) $1.20
Plain milk with SIPAHH (chocolate, choc-mint, strawberry, banana, cookies & cream) $1.70
Fruit box (250ml) (apple, orange, apple & blackcurrent) $1.50
Paddle Pop (rainbow, chocolate) $2.00
Frozen Fruit Stick (assorted flavours) $0.60
Frozen Yogurt (mango, strawberry) $2.20
Twisted Frozen Yogurt (chocolate, strawberry) $2.00
Frozen Juice Cups (apple, apple/blackcurrent, orange) $1.00
Up & Go (chocolate, strawberry, vanilla, banana) $2.50
(available for purchase before school for breakfast)

Bring your bag to the counter during lunchtime to collect frozen items.
Please write student’s name and class clearly on lunch order bag.

Please place your order before 9.00am - late lunch orders will only be filled at the discretion of the manager.

BREAKFAST CLUB

Every morning in the Canteen
8am - 8:55am
FREE Toast, Milo and Cereal
Hosted by your P&C, The Uniting Church and St James Church

Blackboard Specials
Every Wednesday
A Different Dish Each Week...