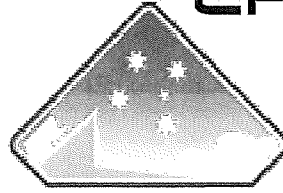


CANTEEN MENU



KINGSFORD SMITH
S C H O O L

Effective TERM 1 2016

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	Cheese Smiley	\$1.00
Sausage Roll (home made)	\$2.50	Garlic Bread	\$1.00
Fried Rice (vegetarian)	\$4.50	Vegetable Lasagne	\$5.00
Corn on Cob	\$1.00	Lasagne	\$4.50
Party Pie	\$1.50	Spaghetti Bolognese	\$4.50
Meatball Sub	\$4.00	Sausage and Egg Muffin	\$3.00
Chicken Pasties (home made)	\$2.00	Pizza Slice (ham and pineapple)	\$1.00
Sweet Chilli Chicken Roll	\$4.00	Falafel Wrap (home made)	\$2.50
Hot Spud (cheese, ham, baked beans and/or corn)	\$3.50		
Spring Roll (vegetarian)	\$0.80 or 3 for \$2.00		
Chicken Crackle	\$0.80 or 3 for \$2.00		

Snacks

Fruit	\$0.50	Popcorn	\$0.50
Carrot Sticks	\$0.05	Rice Cracker Snacks	\$0.50
Milo	\$1.00	Tomato Sauce	\$0.20
Muffin (home made - milo & apple cinnamon)	\$0.50		
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 & blackcurrant)	\$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/blackcurrant, orange)	\$1.00
Up & Go (chocolate, strawberry, vanilla, banana) <i>(available for purchase before school for breakfast)</i>	\$2.50

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...