**Canteen Menu**

**Kingsford Smith School**

**Effective Term 1, 2017**

**Open Monday to Friday from 8:30am – 2:00pm**

Canteen manager – Ruth Kirk

---

**Healthier choices 😞**

Foods and drinks tagged green are the better food choices as they contain a wide range of nutrients and are lower in saturated fat and/or sugar and/or salt. Choose these foods to help get the nutrients for a healthy body.

**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 8:30am on the day the order is to be supplied.**

**Soup (available Terms 2 & 3 only)**

- Pumpkin, chicken noodle (bread roll extra .50c) $3.50

**Salads**

- Pasta salad (vegetarian) $2.00
- Fruit salad $3.50
- Caesar salad $4.50
- Chicken Caesar, ham, tuna, salad $6.00

**Tortilla Wraps**

- Salad, ham, tuna, chicken, Large: $5.00 Small: $3.50
- Falafel (homemade) wrap $3.50

**Sandwiches**

- Jam, Vegemite, ham, chicken, tuna, cheese, salad $3.00

**Rolls**

- Ham, chicken, tuna, cheese, salad $4.00

**Burgers**

- Hamburger, vegie burger, chicken burger, $5.00
- Cheeseburger $4.00
- Sausage and egg roll $4.00

**Hot food**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hash brown</td>
<td>$1.00</td>
</tr>
<tr>
<td>Sausage roll (homemade)</td>
<td>$3.50</td>
</tr>
<tr>
<td>Fried rice (vegetarian)</td>
<td>$4.50</td>
</tr>
<tr>
<td>Corn on Cob</td>
<td>$1.00</td>
</tr>
<tr>
<td>Sweet chilli chicken roll</td>
<td>$5.00</td>
</tr>
<tr>
<td>Party pie</td>
<td>$1.50</td>
</tr>
<tr>
<td>Meatball sub</td>
<td>$5.00</td>
</tr>
<tr>
<td>Spring roll (vegetarian)</td>
<td>$0.80 or 3 for $2.00</td>
</tr>
<tr>
<td>Chicken crackle</td>
<td>$0.80 or 3 for $2.00</td>
</tr>
<tr>
<td>Hot spud (cheese, ham, baked beans and/or corn)</td>
<td>$4.00</td>
</tr>
<tr>
<td>Quiche (homemade) spinach and mushroom/ ham and tomato</td>
<td>$4.00</td>
</tr>
</tbody>
</table>

---

**Garlic bread** $1.00

**Spinach & ricotta roll** $3.50

**Lasagna** $5.00

**Vegetable lasagna (homemade)** $6.00

**Spaghetti bolognaise** $5.00

**Pizza slice (ham and pineapple)** $1.00
Snacks

- Fruit $0.50  
- Carrot sticks $0.05  
- Boiled egg $0.50  
- Popcorn $0.50  
- Rice cracker snacks $0.50  
- Muffin (homemade) $0.50

Drinks and Frozen Treats

- Bottled water 600ml $1.00  
- Bottle water 300ml $0.50  
- Small Moove 300ml (chocolate, strawberry, banana) $2.50  
- Large Moove 600ml (chocolate, strawberry, banana) $4.00  
- Plain milk 300ml $1.50  
- Plain milk with SIPAHH (chocolate, choc-mint, strawberry, banana, cookies & cream) $2.00  
- Fruitbox 250ml (apple, orange, apple & blackcurrant) $2.00  
- Paddle Pop (rainbow, chocolate) $2.00  
- Frozen fruit stick (assorted flavours) $1.00  
- Twisted frozen yogurt (chocolate, strawberry, mango) $2.00  
- Frozen juice cups (apple, apple/blackcurrant, orange) – Terms 1 and 4 only $1.00  
- Up & Go (chocolate, strawberry, vanilla, banana) $3.00  

(available for purchase before school for breakfast)

Extras

- Tomato sauce $0.20  
- Extra spoon/fork $0.05

All lunch orders:

Bring your bag to the counter during lunchtime to collect frozen items.

For handwritten lunch orders:

- Please write student’s name and class clearly on lunch order bag and send to class with student.

- For orders placed at the canteen counter, please place your order before 9.00am – late lunch orders will only be filled at the discretion of the manager.