



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, veggie burger, chicken burger, \$5.00

Cheeseburger \$4.00

Sausage and egg roll \$4.00

Hot food

Hash brown \$1.00 Cheese smiley \$1.00

Sausage roll (homemade) \$3.50 Garlic bread \$1.00

Fried rice (vegetarian) \$4.50 Spinach & ricotta roll \$3.50

Corn on Cob \$1.00 Lasagna \$5.00

Sweet chilli chicken roll \$5.00 Vegetable lasagna (homemade) \$6.00

Partypie \$1.50 Spaghetti bolognaise \$5.00

Meatball sub \$5.00 Pizza slice (ham and pineapple) \$1.00

Spring roll (vegetarian) \$0.80 or 3 for \$2.00

Chicken crackle \$0.80 or 3 for \$2.00

Hot spud (cheese, ham, baked beans and/or corn) \$4.00

Quiche (homemade) spinach and mushroom/ ham and tomato \$4.00

Snacks

Fruit	\$0.50	Popcorn	\$0.50
Carrot sticks	\$0.05	Rice cracker snacks	\$0.50
Boiled egg	\$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) <i>(available for purchase before school for breakfast)</i>	\$3.00

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.