



Canteen Menu

KINGSFORD SMITH
S C H O O L

Effective TERM 1, 2019

Open Monday to Friday from 8:30am – 2.00pm

Canteen manager – Ruth Kirk

Healthier choices

Foods and drinks coloured green are the healthier 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!

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

Fruit salad \$4.00

Caesar salad \$5.00

Chicken Caesar, tuna, salad \$6.00

Tortilla Wraps

Salad, tuna, chicken Large: \$5.00 Small: \$3.50

Falafel (homemade) wrap \$3.50

Sandwiches

Jam, Vegemite, ham, chicken, tuna, cheese, salad \$3.50

Rolls

Ham, chicken, tuna, cheese, salad \$4.50

Burgers

Hamburger, vegie burger \$5.00

Cheeseburger \$4.00

Sausage and egg roll \$4.00

Schnitzel burger (free range schnitzel with lettuce and mayo) \$6.00

Hot food

Hashbrown \$1.50 Nachos \$5.00

Sausage roll (homemade) \$3.50 Burrito \$5.00

Fried rice (vegetarian) \$5.00 Spinach & ricotta roll \$3.50

Corn on Cob \$1.00 Lasagna \$5.00

Sweet chilli chicken roll \$5.00 Spaghetti bolognese \$5.00

Chicken wrap \$5.00 Pizza slice \$1.00

Meatball sub \$5.00 Hot spud (cheese, baked beans &/or corn) \$5.00

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

Chicken crackle \$0.80 or 3 for \$2.00

Snacks

Fruit	\$1.00	Popcorn	\$0.50
Carrot sticks	\$0.05	Muffin (homemade)	\$0.50
Boiled egg	\$0.50		

Drinks and Frozen Treats

Bottled water 600ml	\$2.00
Small Moove 300ml (chocolate, strawberry)	\$2.50
Large Moove 600ml (chocolate, strawberry)	\$4.00
Plain milk 300ml	\$1.50
Plain milk with SIPAHH (chocolate, strawberry)	\$2.00
Fruitbox 250ml (apple, orange, apple & blackcurrant)	\$2.00
Glee sparkling fruit juice (raspberry, tropical, blackcurrant, bubblegum grape)	\$2.50
Fruit juice slushie (various flavours)	\$2.00
Paddle Pop (rainbow, chocolate)	\$2.00
Frozen fruit stick (assorted flavours)	\$1.00
Twisted frozen yogurt (chocolate, strawberry, mango)	\$2.00
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.

EFTPOS IS AVAILABLE AT THE CANTEEN