



Canteen Menu

KINGSFORD SMITH
SCHOOL

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

Hash brown \$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

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

Drinks and Frozen Treats

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| 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

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| 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