



RYE PRIMARY SCHOOL



TERM 3 2021

CANTEEN MENU



Nutritional Guide

All The Food in this Canteen Menu has be ranked by Nutrition experts using smiley faces. This allows you to make informed choices about your child's daily nutritional requirements.

😊😊=Green 😊= Amber

This Menu is in line with the DET School Canteen and other School food Policy “

Whilst we offer Gluten Free choices they are prepared with care in a Gluten environment

WWW.STIRCRAZYKIDS.COM.AU

Facebook/stircrazykidscanteen

TUMMY TEASERS

Available for lunch orders and every Canteen day at Recess and Lunchtime

| | | |
|----|---------------------------------------|--------|
| 😊😊 | Orange 1/4 | .30c |
| 😊😊 | Slinky Apple | \$1.00 |
| 😊😊 | Slice of Fruit in Season | \$1.00 |
| 😊 | Mini Muffin | \$1.00 |
| 😊 | Anzac Biscuit | \$1.00 |
| 😊 | Corn Flake cookies (Gluten Free) | \$1.00 |
| 😊😊 | Garlic Finger | .50c |
| 😊 | Jumpys (Chicken/Salt&Vin) | \$1.10 |
| 😊 | Vegie Chips (Gluten Free) | \$1.50 |
| 😊 | Grain Waves | \$1.50 |
| 😊😊 | Cobs Pop Corn | \$1.50 |
| | Plain Small Bag | .50c |
| 😊 | Ginger Bread People | \$2.00 |
| 😊😊 | Yoghurt Tubs—Topped with Fruit Coulis | |
| | Sml- \$1.00 Med- \$1.50 Lge-\$2.00 | |
| | Available Frozen | |
| 😊😊 | Quelch—Frozen Fruit Icy Pole | \$1.00 |

DRINKS

| | | |
|----|--------------------------------|--------|
| 😊😊 | Juice Box 250ml— Apple /Orange | |
| | Apple & Blackcurrant | \$2.00 |
| 😊 | Oak Milk | |
| | Choc / Straw / Vanilla | \$2.60 |
| 😊😊 | Plain Milk | \$2.60 |
| 😊😊 | Lactose Free Choc Milk | \$2.60 |
| 😊😊 | Bottled water | \$1.60 |



ON-LINE LUNCH ORDERS

You can now order your child's lunch online @

www.myschoolconnect.com.au/

Down load the App at the App Store or Google play

We have everything ready to go to make Lunch orders easy. All you need to do is register, add your kids, don't forget their grades, choose their lunch and we will take care of the rest. You can order in advance or on the morning until 9am Too easy!!

CANTEEN LUNCH ORDERS

For orders direct to Canteen Please write the following details for your child's lunch order on a **Paper Bag**;

Child's Name & Grade, Food order, Cash amount enclosed

Food Allergies in **Red Pen**
Please provide one bag per order

*If a bag is not supplied 20c for a bag will need to be included.
* To help us to comply with Food Safety Regulations all Paper Bags must be new



SPECIAL MEAL DAYS

MUNCHY MONDAY

- 😊😊 Egg & Bacon Roll \$5.00
Add Cheese slice .50c

TASTY TUESDAY

- 😊 Steamed Dim Sims \$1.00
Gluten Free \$1.50
With or without Soy sauce

WICKED WEDNESDAY

- 😊😊 Chicken Burger \$5.00
Crumbed Chicken or
Veggie Delights burger Vegan \$5.50
with Lettuce and Mayo
Add cheese .50c

TEMPTING THURSDAY

- 😊 Mrs Macs Sausage Roll \$3.00
😊 Mrs Macs Meat Pie \$4.50
Tomato sauce 20c

FANCY FRIDAY

- 😊 Hot Dog or \$4.00
Vegan sausage \$5.00
In a white long roll
Add Cheese .40c
With or without sauce or mustard .20c

SPECIAL MEAL DEAL

Include an Oak Milk or Plain Milk for \$2.40

Add a Slinky Apple, Anzac, Corn Flake Cookie or a Mini Muffin for .90c each

RIGHT-ON-WRAPPS

Tortilla Style Wrap with your choice of:

- 😊😊 Cheese & Salad \$4.50
😊😊 Ham & Salad \$5.00
😊😊 Chicken & Salad \$5.00
😊😊 Tuna & Salad \$5.00

Add cheese for .60c and avocado for \$1.00

SUPER SALAD BOWL

- 😊😊 Super Salad Bowl \$4.00

Lettuce, Tomato, Carrot, Cucumber & Cheese

Add any extra filling for \$1.00 EA

Chicken, Ham, Tuna, Egg, or Avocado

YUM! YUM! YUM!



HOT ITEMS ANY DAY

Meal Deal Any Day

- 😊 Penne Pasta & Oak Milk \$6.40
Add a Slinky Apple, Anzac, Corn Flake Cookie or a Mini Muffin for .90c each

- 😊😊 Penne Pasta with Cheese \$4.00
(Available Gluten Free) \$4.40
😊😊 Mini Corn Cob \$1.00
😊😊 Hard Boiled Egg \$1.00
😊😊 Fresh Chicken Zoomer \$5.00
With or without cheese
😊😊 Tuna, Chicken or Ham Melt \$4.80
Toasted with Corn & cheese
😊😊 Pita Pizzas Margarita \$4.00
Ham & Cheese \$4.40
Hawaiian \$4.80

SUPER SANDWICHES

& ROCK 'N' ROLLS

Your Choice White Hi Fibre/Wholemeal Rolls are available for an extra 60c
Gluten Free Bread .60c & Lactose Free Cheese .60c

- 😊 Vegemite \$2.40
😊 Honey \$2.40
😊😊 Cheese \$2.70
😊😊 Cheese & Vegemite \$3.00
😊😊 Cheese & Lettuce \$3.20
😊😊 Cheese & Tomato \$3.20
😊😊 Egg \$3.20
😊😊 Egg & Lettuce \$3.70
😊😊 Fresh Chicken \$3.70
😊😊 Fresh Chicken & Salad \$5.00
😊😊 Ham \$3.70
😊😊 Ham & Salad \$5.00
😊😊 Ham & Cheese \$4.20

Extra fillings, Tomato, Cheese, Carrot, Lettuce
All extra fillings are 60c each
Avocado \$1.00

Truly Tasty Toasties

- 😊 Vegemite \$2.40
😊😊 Cheese \$2.70
😊😊 Ham \$3.70
😊😊 Ham & Cheese \$4.20
😊😊 Chicken & Cheese \$4.20
😊😊 Cheese & Vegemite \$3.00
😊😊 Cheese & Tomato \$3.20
😊😊 Ham, Cheese & tomato \$4.80

Order online Details PTO