



# FRANKSTON HEIGHTS PRIMARY SCHOOL



## TERM 2 2024

# CANTEEN MENU



### Nutritional Guide

All The Food in this Canteen Menu has been 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

We use responsible packaging where possible

WWW.STIRCRAZYKIDS.COM.AU

PH 04051 10407

## ON-LINE LUNCH ORDERS

You can order your child's lunch online

### Stir Crazy Kids



Download the App at the App Store or Google play

We will 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 and a fake email, choose their lunch. Add it to your cart and checkout for all students together, and we will take care of the rest. You can order in advance or on the day Ordering closes at 9am Too easy!!

Categories are the same as this menu.

Need some help! [support@stircrazykids.com.au](mailto:support@stircrazykids.com.au)

Call or Text Donna 0405110407

## 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 30c for a bag will need to be included.

\* To help us to comply with Food Safety Regulations all Paper Bags must be new



## TUMMY TEASERS

Available for recess and lunch orders every Canteen day

😊😊	Orange 1/4	.60c
😊😊	Slinky Apple	\$1.30
😊😊	Slice of Fruit in Season	\$1.50
😊	Mini Muffin	\$1.30
😊	Anzac Biscuit	\$1.30
😊	Gluten Free Anzac Biscuit	\$1.60
😊😊	Garlic Bread	.60c
😊	Jumpys (Chicken/Salt&Vin)	\$1.20
😊	Vegie Chips (Gluten Free)	\$2.20
😊	Grain Waves	\$2.20
😊😊	Cobs Pop Corn	\$2.20
	Plain Small Bag	\$1.00
😊	Ginger Bread People	\$2.70
😊😊	Vaaliala Yoghurt Tubs— 100ml	\$2.00
	Tropical, Mixed berries & Blueberry	
	Available fresh or Frozen	
😊😊	Dairy free yoghurt—100ml	\$2.50
	Topped with Fruit Coulis	.30
	Strawberry Mango & Passionfruit	
	Available Frozen	
😊😊	Quelch—Frozen Fruit Icy Pole	\$1.00

## DRINKS

😊😊	Juice Box 250ml— Apple/Orange	
	Apple & Blackcurrant	\$2.80
😊	Oak Milk 300ml	
	Choc / Straw	\$3.30
😊😊	Plain Milk	\$3.30
😊😊	Lactose Free Free Choc Milk	\$3.30
😊	Hot Chocolate	\$3.50
	Bottle water	\$2.20



Prices include the new State Gov Container Tax

**SPECIAL MEAL DAYS**

**MUNCHY MONDAY**

- ☺☺ Crispy Chicken Tender Wrap **\$5.50**  
With Lettuce and Mayonnaise
- Add cheese **\$1.00**
- Lactose free cheese **\$1.50**

**TEMPTING THURSDAY**

- ☺ Mrs Mac's Sausage Roll **\$4.00**
- ☺ Mrs Mac's Traveller Beef Pie **\$6.00**
- Gluten Free Pies **\$7.00**
- Vegan Pie **\$6.50**  
Tomato sauce **30ea**

**FANCY FRIDAY**

- ☺ Hot Dog or Vegan sausage **\$5.00**  
In a white long roll
- Add Cheese **\$1.00**
- Vegan or Lactose free cheese **\$1.50**
- Tom sauce or mustard **.30ea**

**SPECIAL MEAL DEAL**

Include an Oak Milk or Plain Milk for \$3.10

Add a Slinky Apple, Anzac or a Mini Muffin for \$1.10c each



**RIGHT-ON-WRAPS**

Mon & Thurs

Tortilla Style Wrap with your choice of:

- ☺☺ Cheese & Salad **\$6.50**
- ☺☺ Ham & Salad **\$7.50**
- ☺☺ Chicken & Salad **\$7.50**
- ☺☺ Tuna & Salad **\$7.50**

Add cheese for \$1.00. Lactose free cheese \$1.50  
Vegan Cheese \$1.50 & avocado for \$1.50

**SUPER SALAD BOWL**

Mon & Thurs



- ☺☺ Super Salad Bowl **\$6.00**

Lettuce, Tomato, Carrot, Cucumber & Cheese

Add Chicken, Ham, Tuna, Egg or Avocado **\$1.50 each**

Lactose free cheese or Vegan \$1.00 extra

**HOT ITEMS ANY DAY**

**Meal Deal Any Day**

- ☺☺ Penne Pasta & Oak Milk **\$8.60**  
Add a Slinky Apple, Anzac or a Mini Muffin for \$1.10c each

- ☺☺ Penne Pasta with Cheese **\$5.50**  
(Available Gluten Free) **\$6.50**
- ☺☺ Mini Corn Cob **\$1.50**
- ☺☺ Hard Boiled Egg **\$1.50**
- ☺☺ Chicken Zoomer with cheese **\$6.00**
- ☺☺ Tuna, Chicken or Ham Melt **\$6.00**  
Toasted with Corn & cheese
- ☺☺ Pita Pizzas **\$4.50**  
Margarita **\$4.50**  
Garlic & Cheese **\$4.50**  
Cheese & Vegemite **\$4.50**  
Ham & Cheese **\$5.00**  
Hawaiian **\$5.50**

Substitute with lactose free or Vegan Cheese for \$1.00

**SUPER SANDWICHES**

& ROCK 'N' ROLLS Mon & Thurs

Your Choice White Hi Fibre/Wholemeal Rolls are available for an extra \$1.00  
Gluten Free Bread \$1.00 Lactose Free Cheese \$1.50

- ☺ Vegemite **\$3.00**
- ☺ Honey **\$3.00**
- ☺☺ Cheese **\$3.50**
- ☺☺ Cheese & Vegemite **\$4.00**
- ☺☺ Cheese & Lettuce **\$4.50**
- ☺☺ Cheese & Tomato **\$4.50**
- ☺☺ Egg **\$4.00**
- ☺☺ Egg & Lettuce **\$5.00**
- ☺☺ Fresh Chicken **\$4.50**
- ☺☺ Fresh Chicken & Salad **\$6.50**
- ☺☺ Ham **\$4.50**
- ☺☺ Ham & Salad **\$6.50**
- ☺☺ Ham & Cheese **\$5.00**

Extra fillings, Tomato, Cheese, Carrot, Lettuce  
All extra fillings are \$1.00 each Avocado \$1.50  
Substitute with lactose free or Vegan Cheese for \$1.00

**Truly Tasty Toasties**

- ☺ Vegemite **\$3.00**
- ☺☺ Cheese **\$3.50**
- ☺☺ Ham **\$4.50**
- ☺☺ Ham & Cheese **\$5.00**
- ☺☺ Chicken & Cheese **\$5.00**
- ☺☺ Cheese & Vegemite **\$4.00**
- ☺☺ Cheese & Tomato **\$4.50**
- ☺☺ Ham, Cheese & tomato **\$6.50**

Substitute with lactose free or Vegan Cheese for \$1.00

Order online Details PTO