



# TULLIALLAN PRIMARY SCHOOL



## TERM 1 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

WWW.STIRCRAZYKIDS.COM.AU

Facebook/stircrazykidscanteen

## 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, pop in a fake email for each student, don't forget their grades, choose their lunch. Add it to your cart. Add another order if needed. 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

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 lunch orders and every Canteen day at Recess and Lunchtime

😊😊	Orange 1/4	.60c
😊😊	Slinky Apple	\$1.30c
😊😊	Slice of Fruit in Season	\$1.50c
😊	Mini Muffin	\$1.30c
😊	Anzac Biscuit	\$1.30c
😊	Gluten Free cookie	\$1.60c
😊😊	Garlic Bread	.60c
😊	Jumpys (Chicken/Salt&Vin)	\$1.20
😊	Vegie Chips (Gluten Free)	\$2.20
😊	Grain Waves	\$2.20
😊😊	Cobs Pop Corn	\$2.20
	Small pop corn	\$1.00
😊	Ginger Bread People	\$2.70
😊😊	Vaalia Yoghurt Tubs— 100ml Tropical, Mixed berries, Blueberry, Lemon Crème, Passionfruit & Vanilla Available fresh or Frozen	\$2.00
😊😊	Quelch—Frozen Fruit Icy Pole	\$1.00

## DRINKS

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



Prices include the new State Gov Container Tax

**SPECIAL MEAL DAYS**

**MUNCHY MONDAY**

- ☺☺ Sushi Rolls with Carrot & Cucumber  
Serving size 2 Rolls Choose from:  
Tuna, Chicken, Honey Soy Chicken  
Available Halal Or Avocado **\$6.60**

**TASTY TUESDAY**

- ☺☺ Beef or vegie Burger **\$6.50**  
Available Halal Add Cheese **\$1.00**  
Vegan Cheese **\$1.50**  
Add burger or tomato sauce **30ea**

**WICKED WEDNESDAY**

- ☺☺ Parma Pocket **\$6.50**  
Crumbed chicken patty with Napoli sauce,  
ham, and cheese toasted in a wrap.  
Lactose free cheese add **\$1.00**

**TEMPTING THURSDAY**

- ☺☺ Steamed Dim Sims **\$1.50**  
Gluten Free **\$1.80**  
Available Halal Add Soy sauce **.10**

**FANCY FRIDAY**

- ☺ Hot Dog, Vegan sausage  
Beef sausage or Chicken sausage  
Available Halal In a white long roll **\$5.00**  
Add Cheese **\$1.00**  
Lactose free cheese **\$1.50**  
Vegan Cheese **\$1.50**  
BBO sauce, 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 1.10 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 \$1.00c. Lactose free cheese \$1.50 or 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**

Lactose free or vegan cheese \$1.50c ea

**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  
Toasted with Corn & cheese **\$6.00**
- ☺☺ 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 Salad **\$5.00**
- ☺☺ Fresh Chicken **\$4.50**
- ☺☺ Fresh Chicken & Salad **\$6.50**
- ☺☺ Ham **\$4.50**
- ☺☺ Ham & Salad **\$6.50**
- ☺☺ Ham & Cheese **\$5.50**

Extra fillings, Tomato, Cheese, Carrot, Lettuce  
All extra fillings are \$1.00 ea 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 **\$5.50**
- ☺☺ Chicken & Cheese **\$5.50**
- ☺☺ 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