



PEARCEDALE PRIMARY SCHOOL



TERM 4 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

Phone 04051 10407

ON-LINE LUNCH ORDERS

You can order your child's lunch online

Stir Crazy Kids



Down load 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, choose their lunch. Add it to your cart and checkout for all students together and we will take care of the rest.

Ordering closes the day before at 12midnight for Monday to Thursday. Fridays orders close at 12 Noon Thursdays.

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



Grab a Coffee or Hot Choc on Canteen Days

Hot Chocolate \$3.50

Coffee \$4.00

Tea \$2.00

Light Milk and Soy Available

TUMMY TEASERS

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

😊😊	Orange 1/4	.60c
😊😊	Slinky Apple	\$1.50c
😊😊	Slice of Fruit in Season	\$1.50c
😊	Mini Muffin	\$1.50c
😊	Anzac Biscuit	\$1.50c
😊	Gluten Free cookie	\$1.80c
😊😊	Garlic Bread	.60c
😊	Jumpys (Chicken/Salt&Vin)	\$1.20
😊	Vegie Chips (Gluten Free)	\$2.30
😊	Grain Waves	\$2.30
😊😊	Large Pop Corn	\$2.30
	Plain Small Bag	\$1.00
😊	Ginger Bread People	\$3.00
😊😊	Vaalia Yoghurt Tubs— 100ml	\$2.00
	Tropical, Mixed berries, Blueberry	
	Vanilla Lemon crème & passionfruit	
	Available fresh or Frozen	
😊😊	Quelch—Frozen Fruit Icy Pole	\$1.00

DRINKS



😊😊 **Juice Box** 250ml— Apple /Orange
Apple & Blackcurrant \$2.80

😊 **Oak Milk** 300ml
Choc / Straw & Van Breaker \$3.50

😊😊 **Plain Milk** \$3.50

😊😊 **Lactose Free Choc Milk** \$3.50

😊 **Hot Chocolate** \$3.50

😊😊 Bottled water \$2.20

Prices include the new State Gov Container tax

SPECIAL MEAL DAYS

MUNCHY MONDAY

- 😊😊 Beef or veggie Burger **\$6.50**
 Add Cheese **\$1.00**
 With burger or tomato sauce **.30ea**

TASTY TUESDAY

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

WICKED WEDNESDAY

- 😊😊 Sushi Rolls with Carrot & Cucumber **\$6.80**
 Serving size 2x 1/2 Rolls Choose from:
 Tuna, Chicken, Honey Soy Chicken
 Or Avocado 2x Soy Sauce fish **.30c**

TEMPTING THURSDAY

- 😊 Steamed Dim Sims **\$1.50**
 Gluten Free **\$1.80**
 Soy sauce **.10**

FANCY FRIDAY

- 😊 Hot Dog, Vegan Chicken
 or Beef sausage **\$5.50**
 In a white long roll
 Add Cheese **\$1.00**
 Lactose free cheese **\$1.50**
 Vegan Cheese **\$1.50**
 Tom sauce or mustard **.30ea**

SPECIAL MEAL DEAL

Include an Oak Milk or Plain Milk
 for \$3.30

Add a Slinky Apple, Anzac or a
 Mini Muffin for 1.30 each

RIGHT-ON-WRAPS

Mon -Thurs

Tortilla Style Wrap with your choice of:

- 😊😊 Cheese & Salad **\$6.70**
 😊😊 Ham & Salad **\$7.70**
 😊😊 Chicken & Salad **\$7.70**
 😊😊 Tuna & Salad **\$7.70**

Add cheese for \$1.00. 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 or
 Avocado for \$1.50
 Lactose free cheese add \$1.00

HOT ITEMS ANY DAY

Meal Deal Any Day

- 😊😊 Penne Pasta & Oak Milk **\$9.00**
 Add a Slinky Apple, Anzac
 or a Mini Muffin for 1.30c each

- 😊😊 Penne Pasta with Cheese **\$5.70**
 (Available Gluten Free) **\$6.70**
 😊😊 Mini Corn Cob **\$1.50**
 😊😊 Hard Boiled Egg **\$1.50**
 😊😊 Chicken Zoomer with cheese **\$6.50**
 😊😊 Tuna, Chicken or Ham Melt
 Toasted with Corn & cheese **\$6.00**
 😊😊 Pita Pizzas 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 \$1.00c
 Gluten Free Bread \$1.00 Lactose Free Cheese 1.00c

- 😊 Vegemite **\$3.10**
 😊 Honey **\$3.10**
 😊😊 Cheese **\$3.60**
 😊😊 Cheese & Vegemite **\$4.10**
 😊😊 Cheese & Lettuce **\$4.60**
 😊😊 Cheese & Tomato **\$4.60**
 😊😊 Egg **\$4.10**
 😊😊 Egg & Lettuce **\$5.10**
 😊😊 Fresh Chicken **\$4.60**
 😊😊 Fresh Chicken & Salad **\$6.60**
 😊😊 Ham **\$4.60**
 😊😊 Ham & Salad **\$6.60**
 😊😊 Ham & Cheese **\$5.60**

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 **\$3.10**
 😊😊 Cheese **\$3.60**
 😊😊 Ham **\$4.60**
 😊😊 Ham & Cheese **\$5.60**
 😊😊 Chicken & Cheese **\$5.60**
 😊😊 Cheese & Vegemite **\$4.10**
 😊😊 Cheese & Tomato **\$4.60**
 😊😊 Ham, Cheese & tomato **\$6.60**

Substitute with lactose free or Vegan Cheese for \$1.00

Order online Details PTO