




Tuckshop Menu Term 1 – 2019


<h2>Mondays</h2> <p>(Flexischools ONLY. No cash sales)</p>		
😊	Sushi – (Teriyaki Chicken or Avocado) ONLINE ONLY	\$3.10
😊	Small Seasonal Fruit (apple, pear, orange, banana)	\$1.00
😊	Savoury Scroll (Pizza or Vegemite)	\$2.20


<h2>Lunch – Hot Food</h2> <p>1st and 2nd break</p>		
😊	Cheesy Garlic Bread	\$2.50
😐	Sausage Roll	\$3.00
😐	Snack Pie	\$2.80


<h2>Specials by Weekday</h2> <p>2nd Break only</p>			
😊	Sushi – (Teriyaki Chicken or Avocado) ONLINE ONLY	Mon & Tue	\$3.10
😊	Butter Chicken & Rice (made with chicken breast & added Veggies)	Wed & Thu	\$4.20
😊	Fried Rice – Egg and Veggies	Tue & Wed	\$4.00
😊	Baked Sub (Meatball, Pizza or Cheese & Spinach)	Wed & Fri	\$3.80
😊	Pasta Bolognese (low fat beef mince, veggies)	Mon & Thu	\$4.00


<h2>Wraps</h2> <p>Customise salad ingredients: Lettuce, carrot, cucumber, tomato, beetroot, cheese Sauce: Tomato, BBQ or Mayonnaise Toasted: 20c</p>			
		Full	Half
😊	Chicken & Salad	\$5.20	\$3.70
😊	Ham & Salad	\$5.20	\$3.50
😊	Cheese & Salad	\$5.00	\$4.00
😐	Chicken & Cheese	\$4.00	\$3.00
😐	Ham & Cheese	\$4.00	\$3.00

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<h2>Salad Rolls</h2> <p>Not available on a Friday 1st Break Customise salad ingredients: Lettuce, carrot, cucumber, tomato, beetroot, cheese Sauce: Tomato, BBQ or Mayonnaise Toasted: 20c</p>		
☺	Chicken & Salad	\$4.50
☺	Ham & Salad	\$4.50
☺	Cheese & Salad	\$4.50
☺	Salad	\$4.00


<h2>Salad Tubs</h2> <p>Salad Items: Lettuce, carrot, cucumber, tomato, beetroot, cheese Add Balsamic or French Dressing for 20c</p>			
		Full	Side
☺	Chicken Salad	\$5.20	\$3.60
☺	Tuna Salad	\$5.20	\$3.60
☺	Garden Salad	\$4.50	\$3.20


<h2>Bento Boxes</h2> <p>Not available on a Friday 1st Break</p>		
☺	Veggie Bento Box (cheese & crackers, carrot, celery, cherry tomatoes, snap peas & hommus dip with a choice of sliced ham, boiled egg or mini meatballs)	\$5.00
☺	Fruity Bento Box (cheese & crackers, fresh fruit wedges, small vanilla yogurt with a choice of sliced ham, boiled egg or mini meatballs)	\$5.00

<h2>Sandwiches</h2>		
☺	Sandwich – Jam, Cheese or Vegemite	\$2.00
☺	Sandwich – Ham	\$2.00
☺	Sandwich – Cheese & Vegemite	\$2.20
☺	Sandwich – Ham & Cheese	\$2.50
☺	Sandwich – Ham, Cheese & Tomato	\$3.00
☺	Sandwich – Egg, Mayo & Lettuce	\$3.00
☺	Sandwich – Cheese & Salad	\$3.00

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	Toasties (white or wholemeal bread)	
😊	Raisin Toast	\$1.00
😊	Toasty – Cheese	\$2.00
😊	Toasty – Baked Beans	\$2.00
😊	Toasty – Ham & Cheese	\$3.00
😊	Toasty – Chicken & Cheese	\$3.00
😊	Toasty – Ham, Cheese & Pineapple	\$3.50

	Fruit & Veggie Sides	
😊	Small Seasonal Fruit (apple, pear, orange, banana)	\$1.00
😊	Watermelon or Fresh Fruit Salad Tub	\$3.00
😊	Veggie Stick & Dip (carrot, celery, cherry tomato & hummus)	\$2.50
😊	Fruit & Custard Tub	\$3.20

	Healthy Snacks	
😊	Popcorn	\$0.80
😊	Choc & Oats bliss ball	\$0.50
😊	Boiled Egg	\$0.80
😊	Crackers & Cheese (rice crackers & low fat cheese)	\$1.00
😊	Messy Monkey Whole Grain Bites (BBQ or Cheese)	\$1.50
😊	Custard Tub (150 ml)	\$1.20
😊	Yoghurt Squeezy (Vanilla or Strawberry)	\$1.50
😊	Apple Crumble Yoghurt (stewed apple, vanilla yoghurt & crunchy muesli)	\$3.00

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From the Bakery		
☹️	Pikelet & Jam (Strawberry jam)	\$1.00
☹️	Banana Muffin	\$1.50
😊	Savoury Scroll (Pizza or Vegemite)	\$2.20
Drinks		
😊	Water	\$1.50
😊	Unflavoured Milk	\$1.50
😊	Juice Popper	\$1.80
😊	Flavoured Milk (Chocolate, Strawberry, Vanilla)	\$2.00
😊	Smoothies (Tropical or Berry mix)	\$3.00
Frozen		
😊	Frozen Pineapple Ring or Orange ¼	\$0.40
😊	Fruity Yoghurt Bite	\$0.50
😊	Quelch Frozen Juice Stick	\$0.50
😊	Vanilla Ice Cream Cup	\$1.00
😊	Mini Calippo	\$1.00
😊	Lemonade Icy Twist	\$1.50
😊	Frosty Fruit Cups (frozen fruit cubes, berries, pineapple, mango, grapes)	\$2.00

Birthdays (Extra items 50c each)		
☹️	Zing Snap Ice Blocks (24)	\$10
☹️	Quelch Juice Ice Tube (24)	\$10
☹️	Choc Chip Cookies (24)	\$12

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When is the Tuckshop open

- Mondays: 1st Break only. STRICTLY FLEXISCHOOLS ONLY. No cash sales
- Tue to Friday: 1st and 2nd Break (8:15am to 1:30pm)

How to Order

- **Online orders** are our preferred method of trade. For more information and to register an account go to: <https://www.flexischools.com.au/>. Cut off time for regular orders is 8:30am on the day of the order.
- **Cash orders** can be made at the ORDER STATION in front of Tuckshop (Rode Road side) between 8:15am and 8:45am Tue to Fri only. Correct money is required and orders are left in a mailbox at your own risk.

Break Time Cash Sales

- Prep & Y1 students: **No cash sales**
- Year 2 Student: Cash sales at **2nd break** only
- Year 3 to 6 Students: Cash sales **1st and 2nd break**