


3 Pce Meal Deal

\$6.50—\$7.50

2 bags are required. 1 for hot items and 1 for cold items.

Choose each day special from A,
Choose 1 snack from B and 1 drink from C.

| A | B | C |
|-------------------|---------------------------------------|--|
| Monday Special | <u>Snack</u> | <u>Drink</u> |
| Wednesday Special | Traffic light cup Or Watermelon | Large water Or Popper |
| Thursday Special | Or Granola cup | Or Plain milk |
| Friday Special | Or Custard | Or (for Flavoured milk add \$1.00) |



When filling out your tuckshop bags please include your child's name, class and break.

| Hot bag | | |
|---------------|--------------|--------|
| NAME: | Betty Banana | |
| Class: | MB | |
| BREAK: | First Break | |
| 1 | Nachos | \$4.00 |
| TOTAL | | \$4.00 |

| Cold Bag | | |
|---------------|-----------------|--------|
| NAME: | Betty Banana | |
| Class: | MB | |
| BREAK: | First Break | |
| 1 | Strawberry milk | \$2.50 |
| 1 | Grapes | \$1.00 |
| TOTAL | | \$3.50 |

Notices

All orders must be placed by 9.30 am
Late orders cannot be guaranteed

Please be advised if your child goes home ill, unless notified prior to cooking/making their order, we are unable to give a refund.

Tuckshop bags 50 for \$4.00

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Please use correct change where possible. Change for Prep and year 1 students will be sent to class. Change for year 2-6 students will be noted on tuckshop bag for students to collect. Include your name, class and break on your tuckshop bag.

Any changes to the menu will be notified via the school newsletter, school sign or through the school face book page

Parents — Please ensure your child knows what has been ordered & encourage them to come & see us if they have any problems.

Monthly specials will be notified via separate flyer, school notice board, school face book page or newsletter.

Can't donate time? We are always in need of alfoil, detergent, Chux, oven mitts, tea towels, teabags, sugar, SR flour, cocoa, tinned corn, tinned pineapple, Flour, Coconut, tin Lentils, Jam, Kidney beans, Lentils or fresh fruit and vegetables etc.

For Parents of children with food allergies, we can not guarantee our tuckshop is free from these items and you use this service at your own risk. We are happy to accommodate you wherever we can so please contact us with any queries.

**Full menu available for
First Break and Second Break**
**Please use separate bags for hot & cold items
And each break**



Fresh Food Menu 2019

Open Monday—Friday
From 8.15am—2.00pm

Tuckshop runs with the help of volunteers. If you can spare one hour or one day a week/month we would love to talk to you. If you would like to volunteer come and see us or contact us via phone or email. Proudly Supporting parents, students and staff, with fresh food made daily, following the Queensland Government Smart Choices Guidelines.

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Sandra Sayer
Rebecca Byrnes
Floss Dover

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Tuckshop bags 50 for \$4.00

**Tuckshop opens 8.15am for
 ordering and breakfast items**

**Design a sandwich
 Available First and Second Break**

Choose your Base, Choose your Filling/s, Choose your Protein, Choose your Extra

| Base @ \$1.00ea | Filling @ \$0.50ea | Protein @\$1.00ea |
|---------------------------|--------------------|-------------------|
| Bread x 2 | Lettuce | Ham |
| Wrap | Carrot | Chicken |
| No Bread (free container) | Beetroot | Tuna |
| Roll | Cucumber | Egg |
| GF wrap add \$1.50 | Tomato | Cheese |
| | Capsicum | Vegemite |

Extras

| | |
|---|--------|
| Toasting | \$0.50 |
| Mayo | \$0.50 |
| Dressing—French, Caesar | \$0.50 |
| Sauce— Tomato, BBQ, Sw/Chili, Mustard, Sw n sour, tartare | \$0.40 |

Salads

| | |
|------------------------------------|--------|
| Caesar Salad @ | \$4.00 |
| Garden Salad @ # * | \$4.00 |
| Coleslaw Cup @ # * | \$1.00 |
| Add Meat—Tuna, Ham, Chicken, Egg * | \$1.00 |

Hot Food

| | |
|---|---------------|
| Corn Cob # * | \$1.50 |
| Homemade Sausage Roll @ | \$3.00 |
| | Half/Full |
| Sweet Chili Chicken Tender Wrap w Lettuce & Mayo@ | \$3.00/\$5.50 |
| Sweet Chili Chicken Tender Wrap w Salad@ | \$4.00/\$7.00 |
| Pasta Bolognaise & garlic bread @ | \$4.00 |
| Tuna Pasta Bake @ | \$4.00 |
| Mac and Cheese @# | \$4.00 |

Daily Specials

| | | |
|------------------|--|-------------------------------|
| Monday | Pizza—Ham and Pineapple @ Mega meat @ Margarita @ # | \$4.50 |
| Tuesday | Mini Chicken Sub @ Or Pulled Pork and slaw wrap@ | \$4.00 GF wrap + \$1.50 |
| Wednesday | Nachos * @ Nachos vegetarian*#@ Or Enchiladas @ chicken/pulled pork ADD SOUR CREAM \$0.50 ADD GUACAMOLE \$1.00 GF Wrap \$1.50 | \$4.00 |
| Thursday | Butter Chicken and rice*#@ | \$4.00 |
| Friday | 4 homemade nuggets @ OR 4 Fish Bites # @ & Salad = lettuce, cherry toms, cucumber sticks, black cheese | \$4.00 |

FRUIT #*

| | |
|---|--------|
| Apple (normal/slinked) | \$1.00 |
| Traffic light cup (layered fruit) | \$1.00 |
| Other fruits when available (Watermelon, grapes, bananas, oranges) | \$1.00 |

SNACKS

| | |
|---|--------|
| Carrot Sticks (4)* | \$0.20 |
| Boiled Egg* | \$1.00 |
| Crackers with Cheese or Vegemite (1 pair) | \$1.20 |
| Crackers with Cheese & Tom/ Cheese & Vegemite | \$1.50 |
| Custard * | \$1.50 |
| Granola Cups @* | \$1.50 |
| Pikelets@ (1 pair) | \$1.00 |
| Brownies @ | \$0.50 |
| Muffin Bites @ | \$0.50 |
| Popcorn * # | \$1.00 |
| Apricot Bites (5) * # @ | \$1.00 |

**ICE BLOCKS (Year 1-6 Only) Preps term 4
 OVER COUNTER SALE ONLY NO ORDERING**

| | | |
|---|-------|--------|
| 100% Frozen Juice Cups* (Apple, Orange, Appleblack) | 110ml | \$0.80 |
| Galippo | | \$1.30 |
| Moosie (Chocolate/Bubble gum) | | \$1.40 |
| Icy Twist | | \$1.50 |
| Paddle Pop choc/rainbow | | \$2.00 |

DRINKS #*

| | |
|---|-------------|
| Poppers 250ml Apple/Orange/Apple Black/Tropical | \$2.00 |
| Water 600ml | \$2.00 |
| Milk 300ml Plain | \$1.60 |
| Milk 300ml Choc/Strawberry / Banana | \$2.50 |
| Staff and Parents only | |
| Ice Break 500ml | \$4.00 |
| Soft Drink Cans | \$2.00 |
| Cappuccino, Latte, Flat White, Hot Chocolate | 12oz \$4.00 |
| Tea | \$2.00 |

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