

Tuckshop Menu 2015/16



Please place orders at flexischools.com.au

TUCKSHOP PHONE NUMBER – 5527 1012

**Gluten free options available including ice blocks*

**Please see Tuckshop for any dietary requirements*

**Prices can change at any time*

BREAKFAST \$1.00 EACH		SANDWICHES		HOT FOOD AVAILABLE	
Toast – 2 slices		White or Wholemeal Bread Avail		MONDAY \$3.60 PER ITEM	
Hash Brown		Vegemite or Jam	\$2.00	Large Pie	
Muffin		Ham	\$3.00	Ham, Cheese, Tomato Toastie	
Pikelets (20c each) Egg Free		Tuna	\$3.00	Mac and Cheese	
SNACKS \$1.00 EACH		Cheese	\$3.00	Salad Tub (Homemade)	
Apple or Orange		Egg	\$3.00	TUESDAY \$3.60 PER ITEM	
Garlic Bread		Curried Egg	\$3.00	Hot Dog with Sauce	
Corn Cob		Egg, Lettuce & Mayo	\$3.50	Chicken Dog with Lettuce & Mayo	
Boiled Egg		Tuna, Lettuce & Mayo	\$3.50	Teriyaki Rice Pack (Homemade)	
Fresh Popcorn 25g GF		Ham, Cheese & Tomato	\$4.00	WEDNESDAY \$3.60 PER ITEM	
SNACKS \$1.60 EACH		Ham, Cheese & Pineapple	\$4.00	Chicken Breast Burger	
Chicken Dog with Lettuce & Mayo		Salad (Lettuce, Tomato, Cucumber, Carrot, Beetroot)	\$4.50	(*GF Bread) Salad will be \$1 Extra	
Hot Dog with Sauce				Homemade Beef Burger with Cheese – Salad will be \$1 Extra	
Mini Pizza				Wedges with Sour Cream and Sweet Chilli Sauce	
Mini Pie or Sausage Roll		SANDWICH MEAL DEAL \$2.80		Lasagne (Homemade)	
Chips (Plain, Salt & Vinegar, Honey Soy)		Choose from a Vegemite or Jam Sandwich with Popcorn and an Ice block		*Please State if Gluten Free*	
JJ's Chips (Chicken, Pizza, Salt & Vinegar)		WRAPS		THURSDAY \$3.60 PER ITEM	
		Sweet Chilli Chicken Tenderloins & Salad	\$5.00	Hawaiian Pizza (Homemade)	
DRINKS		Chicken, Cheese & Mayo Toasted	\$5.00	Spaghetti Bolognaise (Homemade)	
Plain Milk	\$1.60	Extras: Pineapple, Chicken, Ham or Egg (each)	\$1.00	*GF Available	
Plain Milk with Flavoured Straw	\$2.00	DESSERTS		Chicken, Cheese & Pineapple Toasties	
Flavoured Milk (Banana Chocolate, Strawberry)	\$2.00	Jelly with Fruit Cup	\$1.00	FRIDAY \$3.60 PER ITEM	
Poppers	\$1.50	Jelly Cup	\$1.00	Fried Rice with Chicken (Homemade)	
Nudie Juices	\$2.00	Low Fat Yogurt	\$1.00	Sausage Roll	
Small Water	\$1.50	Fruit Salad	\$2.00	Tortellini with Pasta Sauce	
Large Water	\$2.50	ICE BLOCKS		\$5.60 DAILY MEAL DEALS YOUR CHOICE OF MEAL WITH A POPPER AND ICE BLOCK	
Play Water	\$2.00	Iceblocks are available from \$1.00 (see Tuckshop for Selection)			
Fruit Smoothies	\$2.00	Frozen Yogurt (Homemade) \$2.00		\$18 WEEKLY MEAL DEAL INCLUDES LITTLE AND BIG LUNCH WITH A VARIETY OF OPTIONS AVAILABLE SEE FLEXISCHOOLS	
CHECK FLEXISCHOOLS FOR ANY SPECIALS OR PROMOTIONS					