

TUCKSHOP MENU



To order – clearly write your child’s name, class and lunch order onto the bag. Separate bags for FIRST and SECOND break.



| BREKKIE While -U-Wait | |
|-----------------------------------|------|
| 8.20am - 8.40am | |
| Cheese Muffin Melt | 1.00 |
| Raisin Toast – <i>with butter</i> | .60c |
| Muffin - <i>homemade</i> | 1.50 |
| Fruit | 1.00 |
| Apple Slinky | 1.20 |
| Yoghurt — <i>low fat</i> | 2.60 |
| Fruit Snack Pack | 2.40 |
| Cheese Stick | .80c |

| DRINK UP | |
|---------------------------|------|
| Water | 1.70 |
| Plain Milk | 1.50 |
| 100% Popper Juice | 1.60 |
| Hot or Cold Milo | 1.50 |
| Chocolate/Strawberry Milk | 2.20 |
| Banana Milk | 2.20 |

| FROZEN TREATS | |
|------------------------------|------|
| Chocolate/Caramel Mony | 1.00 |
| Paddle Pops | 2.00 |
| Icy Pole | 1.00 |
| ½ Icy Pole | .50c |
| Bulla Light Ice - Cream | 1.50 |
| Cups (<i>98% fat free</i>) | |
| Frozen Yoghurt | 2.60 |
| Frozen Juice on a Stick | .50c |
| Frozen Orange Slice | .20c |
| Slushie | 2.00 |

| SANDWICHES 😊 | |
|------------------------|------|
| Honey, Jam or Vegemite | 2.00 |
| Cheese | 2.20 |
| Egg | 2.40 |
| Egg & Lettuce | 2.80 |
| Ham | 2.50 |
| Ham & Salad | 4.50 |
| Ham & Cheese | 2.90 |
| Ham, Cheese & Tomato | 3.30 |
| Chicken | 3.50 |
| Chicken & Salad | 5.00 |
| Tuna | 2.50 |
| Salad * | 4.00 |
| Extra Filling | .40c |
| Toasted — Extra | .40c |
| Wrap or White roll | .80c |

***Salad ingredients: lettuce, tomato, cucumber, carrot, beetroot & cheese slice**
Sandwiches made on wholemeal bread with no butter. *White bread & butter are available on request.*

| WRAP Yourself Up 😊 | |
|---------------------------|------|
| Salad* (1/2 wrap) | 3.00 |
| Ham & Salad* (1/2) | 3.50 |
| Chicken & Salad* (1/2) | 4.00 |

| SALAD TUBBIES 😊 | |
|------------------------|------|
| Ham & Salad | 4.50 |
| Chicken & Salad | 5.00 |
| Salad | 4.00 |

| WEDNESDAY SPECIAL - \$2.80 |
|------------------------------------|
| (1ST BREAK ONLY) |
| Sushi Roll or Vietnamese Roll |
| MUST BE ORDERED BY 9am |
| TUESDAY MORNING |
| See over for menu |

| THURSDAY SPECIAL - \$5.50 |
|------------------------------------|
| (1ST BREAK ONLY) |
| Hot Dog, Popper & Cookie |

| LITTLE SNACKS | |
|---------------------------|------|
| Apple Slinky | 1.20 |
| Apple / Orange | 1.00 |
| Orange Quarter | .30c |
| Watermelon Slice | .60c |
| Fruit Snack Pack | 2.40 |
| Boiled Egg | .70c |
| Cheese Stick | .80c |
| Yoghurt – <i>low fat</i> | 2.60 |
| Home Made Pikelets x 2 | |
| - with butter | 1.20 |
| - with jam or honey | 1.20 |
| Muffins – <i>Homemade</i> | 1.50 |
| Cookie | 1.00 |
| Red Rock Deli Chips | 1.50 |
| J.J's | 1.50 |
| Vege Chips | 1.50 |

| YUMMY HOT FOOD | |
|---|------|
| Chicken Chippies x 5 (5 only per order) | 3.80 |
| Noodle Cups (<i>Beef or Chicken</i>) | 3.00 |
| Lasagne | 5.00 |
| Sausage Roll | 3.20 |
| Steamed Dim Sims x 3 | 2.40 |
| Party Pie | 1.40 |
| Traveller Pie <i>Beef</i> | 3.80 |
| Chicken Burger (<i>with lettuce & mayo</i>) | 4.20 |
| Corn Cob | 1.20 |
| Pizza (<i>Ham & pineapple or Bacon & cheese</i>) | 2.50 |
| Hash Brown | 1.20 |
| Fish Fingers X 5 (5 only per order) | 2.80 |

| LUNCH BAGS | .10c |
|--------------------------|-------------|
| Sauces: Tomato or Soy | .30c |

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AT
www.flexischools.com.au