

TUCKSHOP MENU 2018

Please place orders at flexischools.com.au or download their App

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	 SNACKS CONTINUED	
Pikelets – 2 x pikelets and butter	\$0.20	Snack attack – popcorn, dried apricot, dried apple & sultanas	\$2.50
Hash brown	\$1.00	Snack box – rice crackers, cheese cubes, carrot sticks, cucumber & hummus	\$2.50
Muffin	\$1.00	Eggy snack box – snack box and a boiled egg	\$3.00
Blueberry muffin	\$1.00	SANDWICHES	
DESSERTS		Vegemite, jam or honey	\$2.00
Homemade custard	\$1.00	Tuna, egg, curried egg or ham	\$3.00
Homemade custard and fruit	\$1.00	Ham and cheese	\$3.50
Yoghurt	\$1.00	Cheese and tomato	\$3.50
Fresh fruit salad	\$2.50	Tuna, lettuce and mayo	\$3.50
DRINKS		Egg or curried egg, lettuce and mayo	\$3.50
Poppers -Apple,Orange,Tropical,Apple and Blackcurrant	\$1.50	Ham, cheese and tomato	\$4.00
Small water	\$1.50	Ham, cheese and pineapple	\$4.00
Plain milk	\$1.50	Salad	\$4.00
Flavoured milk – Chocolate, Banana, Strawberry	\$2.00	Chicken, cheese and avocado	\$4.00
Focus Water-Raspberry, Blackcurrant, Lemonade, Fruit Tingle	\$2.00	Chicken and salad	\$5.00
Large water	\$2.50	Ham and salad	\$5.00
\$6 MEAL DEALS – INCLUDE WATER AND ICEBLOCK		SANDWICH EXTRAS	
MONDAY	\$6 MEAL DEALS – INCLUDE WATER AND ICEBLOCK	Pineapple	\$1.00
Ham, cheese and tomato toastie		Ham	\$1.00
Salad sandwich		Chicken	\$1.00
TUESDAY		Egg	\$1.00
Large chicken dog – lettuce and mayo		Cheese	\$1.00
Homemade chicken fried rice		Avocado	\$1.00
Teriyaki rice bowl		Beetroot	\$1.00
WEDNESDAY		WRAPS	
Beef burger – gluten free available		Ham, cheese and Pineapple	\$5.00
Chicken burger – gluten free available		Chicken, cheese and mayo	\$5.00
Homemade pizza – Ham and pineapple/Vegetarian		Sweet chilli chicken	\$5.00
THURSDAY		HOT SNACKS	
Chicken stir fry		Hash brown	\$1.00
Saucy meatball sub		Cob of corn	\$1.00
FRIDAY	Chicken dog – lettuce and mayo	\$1.60	
Large pie	Minnie pizza – ham and Pineapple	\$1.60	
Large sausage roll	Minnie Pizza – vegetarian	\$1.60	
Homemade pasta bolognese	Mini pie	\$1.60	
	Mini sausage roll	\$1.60	
SAUCES		ICE BLOCKS	
Mayo/Tomato sauce/BBQ sauce/Soy sauce	\$0.40	Jelly Stick	\$0.20
SUSHI/JAPANESE		Quelch – Mango, apple, tropical	\$1.00
Vegetarian sushi	\$2.00	Zing – Red, orange, green, blue, white	\$1.00
Tuna sushi	\$2.00	Icy Twist	\$1.60
Chicken and Avocado	\$2.00	Calipo	\$1.60
Teriyaki chicken sushi	\$2.00	Cyclone	\$1.60
Teriyaki chicken bowl	\$2.00	Frozen yogurt – Chocolate and strawberry	\$2.50
SNACKS		CHIPS	
Fruit – Apple, banana, mandarin, orange, pear	\$1.00	Red Rock – honey soy chicken, salt and vinegar, plain	\$1.50
Fresh popcorn	\$1.00	Snaps – BBQ, oregano & Thyme, sweet and tangy salsa	\$1.50
Cheese and crackers	\$1.00	JJ's – Chicken, pizza and salt & vinegar	\$1.50
Boiled egg	\$1.00	Tuckshop is open from 8.15am until 1.30pm	