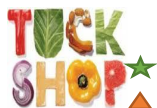


Daily Menu
Winter 2017



Smart Choice Ratings
Green - Eat More ★
Amber - Choose Carefully

Breakfast - 8:00 to 8:30

Over Counter purchases only

| | |
|---|---------|
| ★ Brekkie Delight - Rolled Oats, Sultanas & Honey | \$ 2.50 |
| ★ Raisin Toast | \$ 1.00 |
| ★ Toast - Jam, Honey or Vegemite | \$ 1.00 |

Snacks - 1st & 2nd Breaks

| | |
|---|---------|
| ★ Boiled Egg | \$ 1.20 |
| ★ Curly Wurly Apple | \$ 1.20 |
| ★ Lge Popcorn (Air Popped on site) | \$ 0.50 |
| ★ Sm Popcorn (Air Popped on site) | \$ 0.10 |
| ★ Snack Box (Carrot, Cheese, Tomato, Cucumber & Boiled Egg) | \$ 2.50 |
| ▲ Survival Pack (Banana Chips, Coconut, Sultanas, Apricots & Popcorn) | \$ 1.00 |

Sandwiches, Rolls & Wraps - 1st & 2nd Breaks

| Choose your filling: | Sandwich | Toastie | Roll/Wrap | Roll/Wrap |
|---|----------|---------|-----------|-----------|
| ★ Baked Bean | \$ 2.50 | - | - | - |
| ★ Cheese | \$ 3.00 | \$ 3.50 | - | - |
| ★ Cheese & Tomato or Onion | \$ 3.50 | \$ 4.00 | \$ 4.00 | \$ 3.50 |
| ★ Chicken | \$ 3.50 | \$ 4.00 | \$ 4.00 | \$ 4.00 |
| ★ Chicken & Cheese | \$ 4.00 | \$ 4.50 | \$ 4.50 | \$ 4.50 |
| ★ Chicken, Cheese & Tomato | \$ 4.50 | \$ 5.00 | \$ 5.00 | \$ 5.00 |
| ★ Chicken & Salad | \$ 4.50 | - | \$ 5.00 | \$ 5.00 |
| ★ Egg | \$ 3.00 | - | \$ 3.50 | \$ 3.50 |
| ★ Egg & Lettuce | \$ 3.50 | - | \$ 4.00 | \$ 4.00 |
| ★ Ham | \$ 3.50 | - | \$ 4.00 | \$ 4.50 |
| ★ Ham & Cheese | \$ 4.00 | \$ 4.50 | \$ 4.50 | \$ 5.00 |
| ★ Ham & Salad | \$ 4.50 | - | \$ 5.00 | - |
| ★ Ham, Cheese & Onion | \$ 4.50 | \$ 5.00 | - | \$ 5.00 |
| ★ Ham, Cheese & Tomato | \$ 4.50 | \$ 5.00 | \$ 5.00 | \$ 4.00 |
| ★ Salad (Lett, Tom, Cuc, Carrot & Mayo) | \$ 3.50 | - | \$ 4.00 | \$ 3.00 |
| ★ Tuna | \$ 3.50 | - | \$ 4.00 | \$ 4.50 |
| ★ Tuna & Salad | \$ 4.00 | - | \$ 4.50 | \$ 2.50 |
| ★ Vegemite, Jam or Honey | \$ 2.50 | - | \$ 2.50 | \$ 0.50 |

Salad Bowls - 1st & 2nd Breaks

| | |
|-------------------------------|---------|
| ★ Garden Salad Bowl | \$ 4.00 |
| ★ Chicken or Ham & Salad Bowl | \$ 5.00 |
| ★ Chicken Caesar Salad Bowl | \$ 5.50 |
| ★ Warm Chicken Tender Salad | \$ 5.50 |

Hot Food 1st & 2nd Breaks

| | |
|--|---------|
| ★ Bacon & Egg Muffin | \$ 3.50 |
| ★ Ham & Pineapple Pizza (Made on Site) | \$ 3.50 |
| ★ Cheese Pizza (Made on Site) (Vegetarian) | \$ 3.00 |
| ★ Cheesie (Made on Site) (Vegetarian) | \$ 2.00 |
| ▲ Chicken Chips (5 per serve) | \$ 2.00 |
| ▲ Chicken Dinos or Chicken Nuggets (4 per serve) | \$ 3.00 |
| ★ Corn on the Cob (Vegetarian) | \$ 1.00 |
| ★ Garlic Bread (Made on Site) | \$ 2.00 |
| ▲ Sausage Roll | \$ 3.50 |
| ▲ Skool Pie | \$ 4.00 |
| ★ Oven Cooked Wedges | \$ 3.50 |
| ▲ Snack Pie | \$ 2.50 |

Hot Dogs - 1st & 2nd Breaks

| | |
|------------------------------------|---------|
| ▲ Mini Hot Dog Plain | \$ 2.00 |
| ▲ Mini Hot Dog with Sauce | \$ 2.00 |
| ▲ Mini Hot Dog with Cheese & Sauce | \$ 2.50 |
| ▲ Hot Dog Plain | \$ 3.00 |
| ▲ Hot Dog with Sauce | \$ 3.00 |
| ▲ Hot Dog with Cheese & Sauce | \$ 3.50 |

Dessert 1st & 2nd Breaks

| | |
|--|---------|
| ▲ Apple Crumble (Hot) | \$ 4.00 |
| ★ Fruit & Custard or Yoghurt Tub (Tin Fruit) | \$ 1.50 |
| ★ Fruit Salad (Seasonal Fruit) | \$ 3.00 |

Drinks 1st & 2nd Breaks

| | |
|--|---------|
| ★ 350ml Water | \$ 2.00 |
| ★ 600ml Water | \$ 2.50 |
| ★ Apple or Orange Popper or Plain Milk | \$ 1.80 |
| ★ Choc, Strawberry or Banana Milk | \$ 2.20 |
| ▲ Krazy Lemon | \$ 2.00 |
| ▲ LOL's - Purple, Orange or Red | \$ 2.50 |

Specials

Mexican Monday's ONLY

| | |
|--------------------------------------|---------|
| ★ Chicken Enchilada's (Made on Site) | \$ 4.00 |
| ▲ Nachos (Made on Site) (Vegetarian) | \$ 3.50 |

Pasta Tuesday's ONLY

| | |
|---|---------|
| ★ Chicken Macaroni Lasagne (Made on Site) | \$ 4.00 |
| ★ Macaroni & Cheese (Made on Site) | \$ 4.00 |
| ★ Spaghetti Bolognese (Made on Site) | \$ 4.00 |

★ Wok Wednesday's ONLY

| | |
|---|---------|
| ★ Teriyaki Chicken & Rice Box (Made on Site) | \$ 4.00 |
| ★ Vegetable Noodles (Made on Site) (Vegetarian) | \$ 3.50 |

Burger Thursday's & Friday's ONLY

| | |
|--------------------------------------|---------|
| ▲ Chicken Burger Plain | \$ 4.00 |
| ▲ Chicken Burger with Lettuce & Mayo | \$ 4.50 |
| ▲ Hamburger with Salad | \$ 4.50 |
| ▲ Hamburger with Cheese & Sauce | \$ 4.00 |

Everyday Meal Deals \$6.80 Save .80c

- 1: Ham & Pineapple Pizza + Fruit & Yoghurt + Popper
- 2: Sausage Roll + Fruit & Custard + Popper

Extra's

| | |
|-------------------------------------|---------|
| Sauce Sachets - Mayo, Tomato or BBQ | \$ 0.40 |
| Forks & Spoons (Extra) | \$ 0.05 |
| Brown Paper Lunch Bags (Each) | \$ 0.10 |
| 20 x Brown Paper Lunch Bags | \$ 1.80 |

NB: There will be Asst extra's available during the week for 2nd break over the counter sales ONLY. Eg: Muffins, Pizza Muffins, Scrolls & Buns and will range from .50c to \$2.00 each. Most of the items will be made on site.

NB: Forks & Spoons are supplied with orders that require them.

| Treats 1st & 2nd Breaks | |
|---|---------|
| ▲ Kool Skool Choc Chip Cookie | \$ 2.00 |
| ▲ Hello Pandas | \$ 1.00 |
| ▲ JJ's - Chicken, Pizza and Salt & Vinegar | \$ 1.00 |
| ▲ Lamington | \$ 2.00 |
| ▲ Licorice (2 Pce's)(2 x Pkts per Child ONLY) | \$ 0.50 |
| ▲ Ovalteenies | \$ 1.00 |
| ▲ Sumo Biscuits | \$ 1.00 |
| Baking as & when available 2nd break over the counter | |
| Ice Blocks - 2nd Break Only until 1:30pm 2 x Iceblocks per Child ONLY | |
| ▲ Finding Dory | \$ 2.00 |
| ▲ Jelly Sticks (Asst Flavours) | \$ 0.20 |
| ▲ Lemonade Icy Twist | \$ 1.00 |
| ▲ Mini Red Calippo | \$ 1.00 |
| ▲ Paddle Pops (Chocolate & Rainbow) | \$ 2.00 |
| ▲ Quelch (Asst Flavours) | \$ 0.50 |
| ▲ TNT Ice Mony (Blue or Red) | \$ 0.50 |
| ▲ TNT Sour Pops (Asst Flavours) | \$ 1.00 |
| ▲ TNT Tornado Sour Pops 1/2 (Asst) | \$ 0.50 |
| ▲ Twirly Pops | \$ 1.00 |
| ▲ Twisted Frozen Yoghurt (Asst Flavours) | \$ 2.50 |
| Slushies are Over the Counter Sales Only 2nd Break Only | |
| ▲ Slush Puppies (Asst Fruit Flavours) | \$ 2.20 |
| <i>Please note: Slushies are not served with a lid so they must be purchased over the counter and not added to lunch orders)</i> | |



Flexischools:

Online Ordering:

Flexischools is an online ordering service which enables you to order from home, work or school at any time, even a week or 2 in advance.

- * Go to www.flexischools.com.au
- * Click "Register Now"
- * Enter your email and follow the prompts

You can then charge up your online account and place orders.

Or

Download the App from the App store and order directly from your phone.

(Also please note it may take up to 7 days for your funds to be available.)

Please note: Close-off for orders is 8:30am.

Volunteers are very important to the efficient running of the Tuckshop and are always welcome.

Training will be provided and the hours are negotiable. We would be happy with any time you can spare from 30 minutes to a couple of hours.

If you would like to come and have a coffee and chat while helping in the Tuckshop, please pop in to see Rowena or give her a call to discuss days and times.

If you are able to help out, you will get 50% off your child/children's orders on the day you volunteer.

Tuckshop Ph: 3489 2223

How to Order:

There are 2 different ways to order food for your child/children.

Traditional Ordering:

Brown Paper Bags and Cash method.

Bags are available at the tuckshop for a minimal cost or you can use your own (Please make sure the bag is big enough to hold all your child's food). Please use a separate bag for each Break.

The orders can be dropped off at the Tuckshop before 8:30am or popped in the Tuckshop Boxes in the classrooms.

| | | | |
|----------|----------------------|----------------------|--|
| Example: | Johnny Smith | Johnny smith | |
| | Peel | Peel | |
| | 1st Break | 2nd Break | |
| | Sausage Roll \$3.50 | Snack Box \$2.50 | |
| | Apple Popper \$1.80 | Watermelon \$2.00 | |
| | Paper Bag <u>.10</u> | Paper Bag <u>.10</u> | |
| | Total \$5.40 | Total \$4.60 | |

For safety reasons, please do not use staples on the lunch bags

****Remember, a Bag is required for each break****

Please note that change can be difficult to give out so large notes may be a problem. It would be preferable to have the correct money if at all possible.