

DRINKS, ICEBLOCKS AND SNACKS

FRUIT (All fruits are green items)

☺ Apple or Pear Slinky.....	\$0.60
☺ Fruit in Jelly.....	\$0.80
☺ Fruit Slice \$0.60	
☺ Fruit Tub (seasonal fruit)..... Sm.... \$2.50..... Lg.....	\$3.50
☺ Orange quarters, frozen (2).....	\$0.60

DRINKS

☺ Blizzard (99% frozen juice.....	\$1.60
☺ 100%Fruit Juice Classics, 350ml bottle.....	\$1.60
(Orange, Apple, Apple & Blackcurrant, Tropical)	
☺ 100% Fruit Juice, 250ml Popper.....	\$1.20
(Apple, Orange, Apple & Blackcurrant, Tropical)	
☺ Milk, Plain 300ml.....	\$1.00
☺ Milk, Plain 600ml.....	\$1.70
☺ Milk, Big M fresh, 300ml (Choc, Strawberry, Banana).....	\$1.70
☺ Milk, Big M fresh, 600ml (Choc, Strawberry, Banana).....	\$2.70
☺ Milk, Big M Popper, 250ml (Choc, Strawberry).....	\$1.40
☺ Water, bottled 600ml.....	\$1.10

ICEBLOCKS (Most Iceblocks are Amber items)

☺ Various - PaddlePops; Ka Bluey; Red TNT; Licksticks; Calippo; Frozen Yoghurt & Moos.....	from 30c to \$2.00
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SNACKS (All snacks are Amber items)

☺ Jay Jay Snax (chicken, Pizza, Salt & Vinegar).....	\$1.00
☺ Red Rock Deli Chips (Honey Soy Chicken, or Sea Salt).....	\$1.00
☺ Smiths (BBQ or Sour Cream & Onion).....	\$1.00
☺ Homestyle Muffins (Choc, Blueberry, Apple Strudel).....	\$1.40
☺ Mainland Cheese & Crackers.....	\$1.40
☺ Popcorn.....	\$0.60

Miscellaneous Items

✕ Order Bags.....	\$0.05
✕ Extra Cutlery.....	\$0.05

Term 4 2009

Tuckshop Open Monday to Friday

Lunch served at 11.45 a.m.

Tuckshop 3550 5361

PRICES ARE SUBJECT TO CHANGE

- **Volunteers always needed** -

☺ **Green - Healthy Choice**

☹ **Amber - Eat in Moderation**

☹ **Red - Not at our Tuckshop**

THIS IS HOW TO ORDER

www.flexischools.com.au

Please help the volunteers provide an efficient service and ensure your child gets what you order - **ORDER ONLINE!**

Online Ordering - Saves time and gets the order right!

Place your order from home or work, the same day or weeks in advance.

Follow the simple steps on www.flexischools.com.au and your child's lunch order will be automatically printed out in the tuckshop the day it is needed!

No mess, no fuss, no brown bags to lose, no arguments, no cash to lose!

Due to Health and Safety Regulations, two bags may be required:

One bag for **HOT** items e.g. pasta, pies, pizza

One bag for **COLD** items e.g. sandwiches, drinks, chips

Ordering the OLD way

Please clearly write: **Child's name** and **Class** on **BOTH** bags.

1. Tally prices on one bag and place money inside
2. Fold and place in the other bag (no sticky tape or staples)
3. Remind your child to take their order to the Tuckshop **BEFORE** school starts.

Child's Name:	Class
Pasta Blaster	\$2.50
Garlic Bread	<u>\$1.10</u>
	\$3.60
+ Cold Bag	<u>\$2.60</u>
Total	<u>\$6.20</u>

Child's Name:	Class
Orange Popper	\$1.20
Choc Muffin	<u>\$1.40</u>
	\$2.60
Total	\$2.60

Tallying in columns helps us check addition

Please note any **special requirements** for your child on bag or contact Convenor.

SANDWICH AND SALAD INGREDIENTS

(All sandwiches and salads are **GREEN** items)

☺ Vegemite Sandwich	\$1.20
☺ Cheese Sandwich	\$1.40
☺ Egg & Lettuce Sandwich	\$2.50
☺ Ham, Chicken or Tuna Sandwich	\$2.70
☺ Salad Sandwich	\$3.50
☺ Ham, Chicken, or Tuna & Salad Sandwich	\$4.70

Extra Ingredients:

☺ Ham, Chicken or Tuna	\$1.70
☺ Egg or Cheese	add 0.80 each
☺ Lettuce, Tomato, Carrot, Cucumber, Beetroot, Pineapple.....	add 0.60 each
☺ <u>Salad Sandwich</u> (includes: Lettuce, Cheese, Tomato, Carrot and beetroot)	\$3.50
☺ <u>Salad Box</u> (includes: Lettuce, Cheese, Tomato, Carrot, Egg, Beetroot, Cucumber, Corn and Pineapple)	\$4.50
Additional Ham, Chicken or Tuna	\$1.70
☺ <u>Side Salad Cup</u> (includes: Lettuce, Tomato, Carrot, Cucumber and Corn)	\$2.30

If you would like additional items included in your salad or sandwich, add the "extras" price to the base price of the sandwich/salad.

Breads available:

☺ Sliced bread (White or Wholemeal) standard included in price	
☺ Bread Rolls	add 0.60
☺ Wraps	add 0.60
Toasted	add 0.50

Sauces

BBQ.....	0.25	Tomato	0.25
Sweet Chilli...	0.25	Salad Dressing	0.25
		Mayonnaise.....	0.25

HOT FOOD

The following items are available EVERY DAY (Monday to Friday)

☺ Chicken Wedges, 2 for	\$1.40
☺ Chicken Wedges, 2 & side salad cup	\$3.70
☺ Corn on the Cob	\$1.00
☺ Garlic Bread	\$1.10
☺ Hamburger (beef, lettuce, tomato, beetroot, tomato sauce)	\$4.00
☺ Hot Dog (reduced fat) (comes with sauce)	\$2.50
☺ Pizza Pocket - Hawaiian or Supreme	\$1.70
☺ Quiche - Bacon	Mini .. \$1.00
	Large ... \$1.70
☺ Quiche & Side Salad Cup	Mini .. \$3.30
	Large ... \$4.00
☺ Chicken Fillet Burger (with lettuce and light Mayo)	\$3.20
☺ Pie - Large lite	\$2.80
☺ Pie - Large Potato Top	\$3.00
☺ Pie - Mini lite	\$1.80
☺ Sausage Roll, lite	\$2.00

ADDITIONAL HOT FOOD

These items are available ON THE FOLLOWING DAYS ONLY

Monday:

☺ Lasagne	\$3.50
☺ Pasta Blasta	\$2.50
☺ Macaroni Cheese	\$2.50

Tuesday:

☺ Hot Roast Beef Roll with Gravy	\$3.00
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Wednesday:

☺ Hot Roast Beef Roll with Gravy	\$3.00
☺ Crackles & Smiles (3 chicken Crackles & 3 Potato Smiles)	\$1.70
☺ Dino Attack (2 Chicken Dinos & 3 Potato Smiles)	\$1.70

Thursday:

☺ Fried Rice	\$2.50
☺ Hot Roast Beef Roll with Gravy	\$3.00

Friday:

☺ Fishies & Smiles (2 Fish Fingers & 3 Potato Smiles)	\$1.70
☺ Hot Roast Beef Roll with Gravy	\$3.00