

2019 ST MARYS TUCKSHOP MENU

We promote healthy eating, therefore we encourage you to choose **GREEN** options from our Dietitian Supported 'Smart Choices' Menu.

'GO GREEN WEDNESDAY'

WE WILL SERVE ONLY GREEN SELECTIONS ON WEDNESDAYS

Green – Everyday Foods Amber - Occasional Foods RED – Select Carefully

1st BREAK 10:45am- 11:15am

2nd BREAK PRIMARY 12:45pm- 1:20pm

SENIORS 1:20pm- 1:50pm

SANDWICHES

MultiGrain, High Fibre White or G/F Bread

Chicken or Ham & Salad \$5.00

Salad Only 4.00

ADD Chicken or Ham 1.00

Ham or Chicken ONLY 4.00

Ham & Cheese Toastie 4.50

Cheese Toastie 3.50

Vegemite ONLY 2.00

Vegemite & Cheese 2.50

WRAPS

10" Plain flour tortillas/Corn Tortillas GF

-Chicken or Ham & Salad 5.00

(chicken, lettuce, tomato & cheese, mayo)

-Chicken Caesar Salad 5.00

(chicken, cheese, bacon, lettuce, Caesar)

-Salad only 4.00

(lettuce, tomato, carrot ,cheese, mayo -

-Mexican Beef Quesadilla 5.00

Quesadilla is a Toasted Flat Wrap with Taco seasoned beef & cheese)

-Double Chicken Snack Wrap 5.00

(2x chic crumbed tenders, lettuce & Mayo)

HOT FOODS

- Spaghetti Bolognese \$5.00

- Chicken Snack Wrap \$3.50

- Chicken Kebabs X 2 5.00

- Bacon & Cheese Burger 4.50

- HotDog & Sauce 3.00

Add cheese .50c

Ham & Cheese Pizza 3.50

Sausage Roll (GUNSYND) 4.00

Party Pies (Limit of 3) 1.00

Chicken Tenders 1.60ea

SALAD BOX

-Chicken Caesar Salad \$5.50

(chicken, bacon, lettuce,cheese,cROUTONS)

-Fresh Garden Salad \$4.50

(tomato, lettuce, cheese, carrot, croutons)

DRINKS

Chocolate Milk \$2.00

Strawberry Milk 2.00

Orange/Pass Juice 2.00

Apple Juice 2.00

Apple & Black Currant Juice 2.00

Water Bottle 2.00

Punch Cup .50c

Slushy 2.50

SNACKS

Fresh Fruit 2.00

(Apple, Banana, Orange)

Watermelon Tub 2.00

Squeezy Yoghurt 2.50

Tasty Cheese & Crackers 2.50

Cruskits x2 1.50

Rice Cakes x2 1.50

Pretzels 1.50

TREATS

Choc Chip Muffin 2.50

Banana Bread (Toasted) 2.00

Red Rock Chips (Salty, Honey Soy) 1.50

ICE BLOCKS

Quelch Stick .50c

Ice Cream Tub (99% Fat Free) 1.50

Frozen Yoghurt 2.00

Callipo 1.50

Lemonade Icy Twist 1.50

ORDER ONLINE @ flexischools.com.au

- *Replaces paper bag orders.
- *Pre-Pay online. No cash required.
- *Order on the day or a week ahead of time.
- *Registration is easy and free.
- *Use any computer or mobile device.

Please go to www.flexischools.com.au

- Click 'Register NOW'. Enter your email
- You will be emailed a link to the online form
- Choose your own name & password
- Enter your contact details
- For each child, click 'Add a student' and follow the prompts to place your order.
- You will be required to top up your account using VISA, MASTERCARD, PAYPAL or DIRECT DEPOSIT. Transaction fee WILL apply.

PLEASE NOTE PAPER BAG & CASH ORDERING WILL ALWAYS BE AVAILABLE!

Please ensure all bag orders are clearly marked with the following...

NAME, CLASS, 1ST or 2ND BREAK, ITEMS REQUIRED & PRICING This is such a great help, as our mornings in Tuckshop are quite busy.

PLEASE REMEMBER EVERY WEDNESDAY WE GO GREEN ONLY! Any **RED** foods ordered on Wednesday will be replaced with a **GREEN** option. Eg If your child orders a Pie on Wednesday, it will likely be replaced with a salad sandwich!

ALL BAG ORDERS ARE TO BE PLACED AT TUCKSHOP BEFORE 9:00am

Flexischool orders must be submitted by 9:00am also.