



Secondary School Tuckshop Menu Term 4, 2022

Hot Selections

■ Toasted sandwiches ☺	\$4.50
■ Meat Pie	\$5.00
■ Bacon & Cheese Pie	\$5.00
■ Feta & spinach roll	\$4.00
■ Sausage rolls	\$4.00
■ Homemade Meat lovers Pizzas	\$5.00
■ Sauce Sachet – Tomato or BBQ	.50
■ Zucchini Slice ☺	\$5.00
■ Vegetable Curry	\$5.00
■ GF Zucchini Slice ☺	\$6.00
■ GF Sausage Roll <i>Local supplier</i>	\$5.00
■ GF Meat Pie <i>Local supplier</i>	\$6.50

Cold Selections

Please note: Salads & wraps for lunch only

■ Salads – Chicken, ham, egg or tuna salad ☺ from	\$6.50
■ Salad Wraps ☺	\$6.00
■ Egg Salad Wrap ☺	\$6.50
■ Chicken or Ham Wrap ☺	\$6.50
■ Chicken and Egg Salad Wrap ☺	\$7.00
■ Sandwiches from ☺	\$4.00
■ Sushi-Crumbed chicken & Avocado Wed/Fridays	\$4.00

Snacks

■ Fresh fruit salad cup ☺	\$4.50
■ Fruit & yoghurt with muesli ☺	\$4.50
■ Custard tubs	\$2.00
■ Cheese and Crackers (large)	\$4.00
■ Banana bread	\$3.00
■ Chocolate chip cookies ☺	\$3.00
■ Cupcakes ☺	\$2.50
■ Gingerbread	\$2.50
■ Chips: Smith or Red rock	\$2.50
■ Vege chips (GF)	\$1.50

Drinks

■ Water - plain 600ml	\$2.00
■ Milk - Chocolate/Strawberry 300ml	\$2.50
■ Milk - Chocolate/Strawberry 500ml	\$4.50
■ Ice Break Milk - 500ml	\$5.00
■ Iced Tea – peach/mango 500ml	\$5.00
■ Juice Poppers - assorted flavours 250ml	\$2.00
■ Assorted Emma & Tom's juices	\$4.50

Ice creams

■ Bulla frozen yoghurt - straw & mango	\$3.50
■ Icy poles – lemonade	\$2.00
■ Lifesaver	\$3.00
■ Bulla Vanilla tub	\$2.50
■ Billabong Ice-creams - rainbow	\$2.50
■ Milo scoop ice cream	\$3.50

☺ = Denotes items made in the Tuckshop

Daily Lunch Specials

Monday

Chili chicken Sub ☺	\$5.00
Chili tender, cheese & sweet chili sauce	

Tuesday

Cheese burger ☺	\$5.00
Meat pattie with tomato sauce & cheese	

Wednesday

Bacon & egg burger ☺	\$5.00
Bacon, egg & BBQ sauce	

Thursday

Nachos ☺	\$5.00
Beef mince, corn chips & cheese	

Friday

Cheese burger ☺	\$5.00
Meat pattie with tomato sauce & cheese	

MEAL DEAL \$8.50

Hot meal, garlic bread & popper

Spaghetti Bolognese, Chicken curry, Chicken fried rice, Butter chicken & Vegetable curry.

<http://www.flexischools.com.au>

Want to get your favorite food, jump the queue, order online and collect at the end window. Remember you can upload money onto your student ID card **EFTPOS** or Cash!

Volunteers are always welcome and appreciated, if you can help please contact:

Tuckshop
Diane Paterson

T: 5477 3456 or
T: 5477 3457