



TUCKSHOP MENU

To order – clearly write your child’s name, class and lunch order onto the bag. Separate bags for FIRST and SECOND break.



BREKKIE While -U-Wait 8.20am - 8.40am	
Cheese Muffin Melt	1.00
Raisin Toast – <i>with butter</i>	1.00
Fruit	1.20
Apple Slinky	1.60
Yoghurt — <i>low fat</i>	2.60
Fruit Snack Pack	2.50
Cheese Stick	1.00

DRINK UP	
Water	2.00
100% Popper Juice	2.00
Warm or Cold Milo	2.50
Chocolate/Strawberry Milk	3.00

FROZEN TREATS	
Icy Pole	1.20
½ Icy Pole	.60c
Bulla Light Ice - Cream	2.00
Cups (<i>98% fat free</i>)	
Frozen Yoghurt	3.00
Frozen Juice on a Stick	.60c
Frozen Orange Slice	.30c
Slushie	2.50

SANDWICHES 😊	
Honey, Jam or Vegemite	2.80
Cheese	3.00
Egg	3.50
Egg & Lettuce	4.00
Ham	3.50
Ham & Salad*	5.50
Ham & Cheese	4.00
Ham, Cheese & Tomato	4.50
Chicken	4.50
Chicken & Salad*	6.00
Tuna	3.50
Salad *	5.00
Extra Filling	.50c
Toasted — Extra	.50c
Wrap or White roll	1.00

***Salad ingredients: lettuce, tomato, cucumber, carrot, beetroot & cheese slice**
Sandwiches made on wholemeal bread with no butter. *White bread & butter are available on request.*

WRAP Yourself Up 😊	
Salad* (mini)	5.00
Ham & Salad* (mini)	5.50
Chicken & Salad* (mini)	6.00

SALAD TUBBIES 😊	
Salad*	5.00
Ham & Salad*	5.50
Chicken & Salad*	6.00

WEDNESDAY SPECIAL - \$3.50 (1 ST BREAK ONLY)
Sushi Roll or Vietnamese Roll
MUST BE ORDERED BY 9am TUESDAY MORNING
See over for menu

LITTLE SNACKS	
Apple Slinky	1.60
Apple / Orange	1.40
Orange Quarter	0.40
Watermelon Slice	1.20
Fruit Snack Pack	2.50
Boiled Egg	1.00
Cheese Stick	1.00
Yoghurt – <i>low fat</i>	2.60
Cookie	1.20
Red Rock Deli Chips	1.70
Vege Chips	1.70
Popcorn	1.20

YUMMY HOT FOOD	
Chicken Chippies x 5 (5 only per order)	4.50
Lasagne	6.00
Macaroni Cheese	6.00
Sausage Roll	4.00
Party Pie	2.00
Beef Pie	5.00
Chicken Burger (<i>with lettuce & mayo</i>)	5.50
Corn Cob	1.40
Pizza (<i>Ham & pineapple or Tomato & cheese</i>)	5.00
Gluten-Free Beef Pie	7.00

LUNCH BAGS	
	.10c
Sauces: Tomato or Soy	.50c

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AT
www.flexischools.com.au