







Convenor: Dorit Pagliari

Assistants: Heeseon, Denise

Tuck shop opens Daily at 8:15

Flexischools Online Ordering closes at 8:30am

1st Lunch 11:00 am—11:40am

2nd Lunch 1:30pm—2:05pm

If your child has an allergy or a food intolerance please discuss this with our Convenor—Dorit.

To Order:-

Order easily online before 8:30am at

www.flexischools.com.au (call 1300 361 769 for any online issues)

Lunch orders in bags are to be taken to the Tuckshop in the morning by 9am.

Please write your child's **name**, **class** and **order** on the bag with black or blue pen. Please no pencil or red pen.



I FORGOT MY LUNCH!! OOPS!!

In the unfortunate case that your child forgets their lunch—lunch will be provided by the school from the Wellbeing House.

Tuckshop vouchers will no longer be given for students who forget their lunch.













Bread

All our sandwiches and toasties are made on your choice of **white** or **wholemeal** bread baked daily by our local baker.

| Sandwiches | |
|--|--------|
| Vegemite, Jam, Honey | \$2.50 |
| Egg and Mayo | \$4.00 |
| Egg and Lettuce | \$4.00 |
| Egg, Mayo & Lettuce | \$4.50 |
| Cheese | \$3.00 |
| Cheese & Tomato | \$3.50 |
| Ham | \$3.00 |
| Ham & Cheese | \$3.50 |
| Ham, Cheese & Tomato | \$4.00 |
| Chicken, Mayo & Lettuce | \$4.50 |
| Salad | \$5.50 |
| Salad & Meat (Ham, Chicken, Egg or Tuna) | \$6.50 |

Salad Bowls



Fresh yummy salad (leafy mix, cherry tomatoes, Carrot, cucumber, beetroot & alfalfa) \$6.00

With your choice of protein(ham, egg, tuna, chicken) \$7.00

Breakfast Every day from 8.00am

↑ 1/2 a Jaffle \$1.00

↑ Tuck Muffin \$2.00

Cup of Juice 50c

Warm Milo 50c

| Toasties | • |
|--------------------------|--------|
| Cheese | \$3.50 |
| Ham | \$3.50 |
| Cheese & Tomato | \$4.00 |
| Ham & Cheese | \$4.00 |
| Ham, Cheese & Tomato | \$4.50 |
| Chicken | \$4.00 |
| Chicken & Cheese | \$4.50 |
| Chicken, Cheese & Tomato | \$5.00 |
| Tuna & Cheese | \$4.00 |

Snack Wraps

All wraps come with lettuce, carrot, tomato

& whole egg mayonnaise

Ham / Tuna / Egg /chicken or Salad (Snack size)

Chicken chilli tender \$4.50

Toasted Wraps



All wraps come with lettuce, carrot, $\,$ tomato & cheese $\,$

Ham / Tuna / Egg / Chicken \$7.00

Everyday Hot Food

| 🎔 Pizza Bread | \$1.50 | Home made cheesy vegemite scroll \$3 | .00 |
|--------------------------|--------|---|------|
| Cheesy Garlic Bread | \$1.50 | Chicken burger with full salad \$8 | 3.00 |
| Nachos, Salsa and Cheese | \$4.00 | Veggie Burger with full salad \$8 | 8.00 |
| Garlic Bread | \$1.00 | Fish OR Cheeseburger with full salad \$8 | 8.00 |
| ♥ Hot Dog | \$4.00 | Lasagne \$ | 5.00 |
| Homemade Cheesy Scroll | \$3.00 | Macaroni & Cheese \$5 | 5.00 |
| Homemade Pizza Scroll | \$3.00 | Ham Zucchini and carrot slice with sm.side salad \$6. | .00 |



Daily Specials

| Monday | Pasta Bolognese with cheese | \$6.00 |
|-----------|---|-------------------|
| | Vegetarian Pasta with sauce and cheese | \$6.00 |
| | | |
| Tuesday | * Cheese Burger (meat patty, tomato sauce, lettuce & cheese) \$6.00 | |
| | * Chicken Schnitzel Burger (schnitzel, lettuce and mayo |) \$6.00 |
| Wednesday | * Sushi (ONLINE ORDERS ONLY) - | \$6.00 |
| | - Tuna & Mayo | |
| | - Marinated chicken | |
| | - Vege—Carrot, Cucumber & Mayo | |
| | Includes two half rolls & soy sauce | |
| Thursday | * Toasted Beef Burrito (with lettuce, cheese & grated carro | t) \$6.00 |
| | * Oven Baked Fish &Chips with Side greens ,Tomato&Tar | tare sauce \$6.00 |
| | (ONLINE ORDER ONLY) | |
| Friday | * 4 Party Pies & Tomato Sauce | \$6.00 |
| | * Sausage Roll & Tomato Sauce | \$6.00 |
| | * Spinach Ricotta Roll & Tomato sauce | \$ 6.00 |

Yummy Snacks

| Seasonal Fruit | \$1.00 | Cheese & Jatz | \$2.50 |
|----------------------|--------|--------------------|--------|
| Apple Slinky | \$1.00 | Gingerbread Man | \$3.00 |
| Eda Mame (soy beans) | \$2.00 | Yoghurt Tub | \$2.00 |
| Choc Berry Muf. GF | \$3.00 | Popcorn | \$1.00 |
| Freshly Made Muffin | \$2.00 | Fruit Salad | \$3.50 |
| Boiled Egg | \$1.00 | Extra Tomato Sauce | .50c |
| Fava Beans | \$1.00 | Extra Soy Sauce | .500 |
| Veg. Pack | \$2.00 | | |



Save time, order online!

Flexischools is a great online system to make the ordering of lunches easier and more convenient. Order at a time convenient to you in the morning, night before, or weeks in advance! No searching for cash required. It's already paid online. Teach students healthy eating in a fun way. Order from home or work





Order Birthday Treats for your child's WHOLE class on their special day. Quelch Icy poles 50c each Simply order online via **Flexischools**

Drinks

| Up & Go (Choc, Banana, Vanilla, Strawberry) | \$3.00 | |
|--|--------|--|
| Large Popper Juice | \$2.50 | |
| (Apple/ blackcurrant, Apple, Tropical, Orange) | | |
| Flavoured Milk 300ml (Choc, Straw) | \$3.00 | |
| Bottle of Water | \$2.00 | |
| Plain Milk 150ml | \$1.50 | |
| Frozen Treats | | |

| Frozen Mango Cup (100% fruit) | \$4.50 |
|---|--------|
| Frozen Bulla Yoghurt-Mango | \$3.50 |
| Frozen Pineapple (1 piece) | \$1.00 |
| Frozen Juice Cup (apple/blackcurrant, orange) | \$1.00 |

