

Edge Hill State School



Tuckshop Menu 2017

Term 1

Convenor: Dorit Pagliari

Assistant: Tammy Chitty

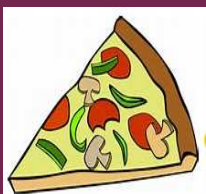
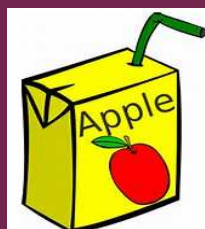
Phone: 4037 9572

Opening Times

Breakfast items and Lunch Orders 8:00am—9:00am

1st Lunch: 11:00am—11:35am

2nd Lunch: 1:35pm—1:50pm



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

To Order

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

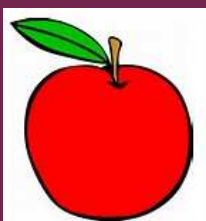
Please write your child's **name**, **class** and **order** on the bag with **black or blue pen**. Please no pencil or red pen.

OR

Order easily **online** at

www.flexischools.com.au

(call 1300 361 769 for any online ordering issues)





All items marked with a heart are made fresh in our Tuckshop

Bread

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

Sandwiches

Vegemite, Jam, Honey	\$2.00
Egg and Mayo	\$3.00
Egg, Mayo & Lettuce	\$3.50
Cheese	\$2.00
Cheese & Tomato	\$2.50
Ham & Cheese	\$3.00
Ham, Cheese & Tomato	\$3.50
Chicken, Mayo & Lettuce	\$3.50
Salad	\$4.50
Salad & Meat (Ham, Chicken or Tuna)	\$5.00

Salad Bowls

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

With your choice of protein (ham, chicken, egg, tuna or baked crumbed fish) \$7

Basic Lunch Bag \$4

Basic sandwich (jam, honey or Vegemite)

1 x fruit and

1 x small popper

Breakfast

Every day from 8am

1/2 a Jaffle	\$1.00	
TuckMuffin	\$1.50	
Muffin	\$1.00	
Cup of Juice	50c	
Warm Milo	50c	

Toasties

Cheese	\$2.00
Ham	\$2.50
Cheese & Tomato	\$2.50
Ham & Cheese	\$3.00
Ham, Cheese & Tomato	\$3.50
Chicken	\$3.00
Chicken & Cheese	\$3.50
Chicken, Cheese & Tomato	\$4.00
Tuna & Cheese	\$3.00

Snack Wraps

All wraps come with lettuce, carrot, tomato & whole egg mayo

Ham / Tuna / Egg or Salad	\$3.00
Sweet Chilli Chicken	\$3.50

Half Large Wraps


Leafy Mix salad with your choice of ham, tuna, chicken or egg \$5

Toasted Wraps

All wraps come with lettuce, carrot, tomato & cheese

Ham / Tuna / Chicken / Egg \$5

Everyday Hot Food

Pizza Bread \$1.00 	Home made spinach and fetta rolls \$3.00 	
Cheesy Garlic Bread \$1.00 	Hot Dog \$3.00	Macaroni & Cheese \$4.00
Nachos, Salsa & Cheese \$3.00 	Corn Cob \$1.00 	Lasagne \$4.00
Garlic Bread 50c 		
Home Made Pizza Scroll (ham & cheese) \$1.00 		
Home Made Cheesy Garlic Scroll \$1.00 		
Ham & Cheese Slice with salad \$6.00 (ham, zucchini, carrot, cheese) 		
Vege Slice with Salad \$6.00 (zucchini, carrot, coriander & cheese) 		
Veggie Burger with full salad \$5.00		
Fish Burger with full salad \$5.00		

Daily Specials

All specials are \$5

- Monday**
- * Pasta Spirals with Bolognese sauce & cheese ❤️
 - * Pasta Napolitano—tomato sauce & cheese (vegetarian) ❤️
 - * Home Made Hawaiian Pizza (ham, pineapple & cheese) ❤️
 - * Home Made Meatlovers Pizza (ham, salami & cheese) ❤️
 - * Home Made Margherita Pizza—Vegetarian (pizza sauce & cheese) ❤️
- Tuesday**
- * Chicken Schnitzel Burger (oven baked chicken with lettuce, tomato & mayo) ❤️
 - * Cheese Burger (meat patty, tomato sauce, lettuce & cheese)
- Wednesday**
- *Sushi—Chicken & Mayo, ❤️
 - Tuna & Mayo or ❤️
 - Veggie (carrot, cucumber & mayo) ❤️
 - * Swagman’s Lunch (chicken leg, veggie sticks, boiled egg, cheese & roll) ❤️
- Thursday**
- * Crumbed Fish & Wedges - oven baked served with tomato sauce & salad
 - * Toasted Beef Burrito (with lettuce, cheese & grated carrot) ❤️
- Friday**
- * Lite Beef Pie & sauce
 - * 4 Party Pies & sauce
 - * 4 Mini Quiche

Friday Special

1 Party Pie & sauce OR 1 Mini Quiche

\$1.50 (max 4)

\$8 Meal Deal Includes

- *1 x Daily Special Meal
- * 2 x 150ml juice popper OR 1 x 300ml plain milk
- * 1 x piece of fruit
- *1 x snack (choose from *Cheese & Bikkies, * Yoghurt Tub,
* Vegemite & Bikkies, *Muffin, *Corn Cob,
* Veggie Pack or * Boiled Egg)

Yummy Snacks

Seasonal Fruit	\$1.00	Cheese & Jatz	\$1.50
Seasonal Fruit Salad	\$1.50 	Popcorn	\$1.00
Banana Split	\$2.00 	Eda Mame (soy beans)	\$2.00 
Fresh Veggie Pack	\$1.00 	Vegemite & Jatz	\$1.50
Freshly Made Muffin	\$1.00 	Gingerbread Man	\$2.00
Boiled Egg	\$1.00 	Yoghurt Tub	\$1.00
Cob of Corn	\$1.00 	Fava Beans	\$1.00
Magic Choc Berry Muffin (gluten free) \$2 			

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

It's so easy!

Go to the Flexischools website

Click 'Register now' to create account

Top-up your balance

Start ordering immediately

About Our Tuckshop

The running of our school Tuckshop is managed by our school P&C Association. All profits raised from our Tuckshop are invested back into resources for our school.

Our convenor and her assistants are all mums of children at our school.

This hard working team are committed to providing our school community with convenient and healthy options for lunch. If you have any ideas or feedback please feel free to pop in and have a chat or email

us at dpagl1@eq.edu.au

Drinks

Up & Go (Choc, Banana, Vanilla, Strawb)	\$2.00
Large Popper Juice	\$2.00
Milo 200ml	\$2.00
Flavoured Milk 300ml	\$2.20
Bottle of Water	\$1.50
Plain Milk 300ml	\$1.50
80/20 Juice (Apple, Apple Blueberry, Mean Green Smoothie, Orange)	\$3.00

Frozen Treats

Frozen Mango	\$2.00
Frozen Yoghurt (mango / strawb)	\$2.00
Frozen Pineapple	\$1.00
Frozen Juice Cup (apple / orange)	\$1.00
Frozen Orange (cut up)	\$1.00
Frozen Flavoured Milk Cup	\$1.00
Juicies Natural Frozen Treat	\$1.00
(real fruit juice, 100% natural, no added sugar - lemonade, orange, tropical or wildberry)	