




GLENVALE TUCKSHOP WINTER MENU

The Tuckshop is open Wednesday, Thursday and Friday 8:00am – 2:00pm

SANDWICHES, WRAPS AND ROLLS

Please state if you would like a sandwich, wrap or roll

- \$2.00 Jam 
- \$2.50 Cheese and Vegemite
- \$3.00 Egg and Lettuce
- \$3.00 Ham and Cheese
- \$3.00 Salad (lettuce, tomato, cucumber, carrot and beetroot)
- \$4.00 Ham and Salad
- \$4.50 Chicken and Salad
- 40c Extra Filling

CHOICE OF WHITE OR WHOLEMEAL BREAD OR GLUTEN FREE WRAPS



FREE TOASTING AVAILABLE

EXTRAS

- 20c Paper Lunch Bag for Ordering
- 40c Tomato Sauce, BBQ Sauce, Mayo
- 40c Extra filling on sandwich, wrap or roll

DRINKS

- \$1.50 Hot Milo
- \$1.50 Bottled Water 600ml
- \$2.00 Extra Juicy Popper (apple, apple and blackcurrant or tropical)
- \$2.50 Fresh Flavoured Milk (chocolate, banana or strawberry)
- \$3.00 Slushie (FIRST BREAK ONLY)
- 50c Extra Slushie Flavour

NEW ITEMS FOR WINTER

(available both breaks of the selected day)

WEDNESDAY ONLY

- Mac N
- Cheese
- \$3.00

THURSDAY ONLY

- Butter Chicken
- & Rice
- \$4.00

SALADS, FRUITS AND TREATS



SALAD BOXES

Includes cutlery and mayo

Salads are made with lettuce, tomato, cucumber, carrot and beetroot.

- \$3.50 Garden Salad
- \$4.00 Garden Salad with Ham or Egg
- \$4.50 Garden Salad with Chicken

FRESH FRUIT

- \$1.00 Apple
- \$1.00 Apple Slinky
- \$2.00 3 Fruit Cup



SNACKS AND TREATS

- \$1.00 Fresh Popcorn
- \$1.50 ANZAC Slice (homemade)
- \$1.50 Chocolate Brownie (homemade)
- \$1.50 Choc Chip Cookie
- \$1.50 Cheese and Crackers
- \$1.80 Red Rock Chips (Honey Soy)
- \$2.00 Yoghurt Berry Crunch

HOT FOOD

- \$3.00 Hotdog (tomato or BBQ sauce)
- \$3.00 Chicken chips (5 in a bag)
- \$3.00 BBQ Beef Bomb (pita bread with BBQ pulled beef and cheese, toasted)
- \$3.00 Mousetrap (bacon and cheese roll warm with a slice of cheese in the middle)
- \$3.00 GLUTEN FREE nuggets
- \$3.50 Pizza - Tuckshop Made (Cheese or Hawaiian)
- \$4.00 Spaghetti bolognaise and a garlic bread ball
- \$4.00 Sausage Roll
- \$4.20 Chicken Burger (chicken pattie, lettuce and mayo)
- \$4.20 Cheeseburger (pattie, cheese & tomato or BBQ sauce)
- \$5.50 Hamburger (pattie, salad & tomato or BBQ sauce)

MINI MENU

For smaller appetites

- \$2.00 Mini Sausage Roll
- \$2.00 Mini Hotdog
- \$2.50 Mini Pizza (Cheese or Hawaiian)
- \$2.70 Mini Pie
- \$2.70 Mini Potato Topped Pie
- \$3.00 SLAMS (8 pack of super mini chicken pies)

FROZEN TREATS

- 50c Fruity Ice Block
- \$1.00 Ice Mony



Ordering from the tuckshop has never been easier with the convenient Flexischools online ordering system. Simply register at www.flexischols.com.au. These orders must be completed by 8.30am on the day that you require the meal.

SMART CHOICES FOOD AND DRINK CRITERIA FOR QUEENSLAND SCHOOLS

The Tuckshop complies with the smart choices food and drink criterion which is set out by the Queensland Government. It is classified as the following:

GREEN – foods that are healthy and children should be encouraged to be eat these foods daily.

AMBER – these foods should be selected carefully, while they generally are low in fat, salt and sugar, it is recommended that the children should only choose ONE of these items in a breaktime.

RED – these are occasional foods. They include lollies, chips, soft drinks.

ALLERGIES

Does your child suffer from any food related allergies?

If so please feel free to pop in or call the Tuckshop to have a chat about how we can help.

Hannah – 4659 2123

TUCKSHOP ORDER HINTS

- Please use a separate bag for each break
- The child's class and name MUST be written on each bag
- If change is required and its under \$5 it will be taped to the bag otherwise it will be sent to the office for collection at 3:00pm
- PLEASE DO NOT USE STAPLES OR STICKY TAPE
- If you are concerned about the money falling out then please use a ziplock bag

The tuckshop does use an online ordering system. This can be found at www.flexischools.com.au

VOLUNTEERS ALWAYS REQUIRED

Can you spare an hour or two a week/fortnight/ month to help out in the tuckshop?

The children love to see parents and carers when they collect their tuckshop.

Pop in for a chat and we can sort what times best for you.

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WINTER MENU 2017

Term 2 & 3

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