# GLENVALE TUCKSHOP SUMMER MENU

**Term 4 2016 ONLY**

*THE TUCKSHOP IS OPEN WEDNESDAY, THURSDAY & 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
- **$2.80** Ham and Cheese
- **$3.00** Salad (lettuce, tomato, cucumber, carrot and beetroot)
- **$4.00** Tuna and Salad
- **$4.00** Ham and Salad
- **$4.50** Chicken and Salad
- **$4.50** Fish fingers and salad
- **$0.40** Extra fillings

**CHOICE OF WHITE/WHOLEMEAL OR GLUTEN FREE**

**FREE TOASTING AVAILABLE**

## SALADS, FRUITS AND TREATS

**SALAD BOXES - Includes fork and mayo**

- **$3.50** Garden Salad (lettuce, tomato, cucumber, carrot and beetroot)
- **$4.50** Garden Salad with Chicken or Fish fingers
- **$4.00** Garden Salad with Ham or Egg or Tuna

**FRESH FRUIT -**

- **$1.00** Apple (whole in a bag)
- **$1.00** Apple Slinky (in a bag)
- **$2.00** 3 Fruit cup (seasonal fruit cup with a spoon)

**SNACKS AND TREATS -**

- **$1.00** Koala Popcorn (BBQ, Sweet & Salty, Salted or Chicken)
- **$1.50** Anzac Slice (homemade)
- **$1.50** Chocolate Brownie (homemade)
- **$1.80** Red Rock Chips (Honey Soy or Seasalt)
- **$1.50** Raisin Toast x 1 and butter
- **$2.00** Yoghurt berry crunch
- **$1.00** Choc Chip Cookies

## HOT FOOD

- **$2.50** Mousetrap (bacon and cheese roll warm with a slice of cheese in the middle)
- **$3.60** Sausage Roll
- **$3.50** Pizza - Tuckshop Made (Cheese or Hawaiian)
- **$4.20** Chicken Burger (chicken pattie, lettuce and mayo)
- **$4.20** Cheesburger (pattie, cheese & tom or bbq sauce)
- **$4.20** Beef Pie
- **$5.00** Hamburger (pattie, salad & tom or bbq sauce)
- **$3.00** Hotdog (tom or bbq sauce)
- **$3.00** Chicken chips (5 in a bag)

## DRINKS

- **$1.50** Bottled Water 600ml
- **$2.00** Extra Juicy Popper (apple, apple and blackcurrant or tropical)
- **$2.00** Fresh Flavoured Milk (Chocolate, Banana or Strawberry)

## ICY TREATS

- **$3.00** Slushies (1st break only)
- **$0.50** Extra Flavour for Slushies
- **$0.50** Fruity Ice Blocks
- **$1.00** Ice Mony

## NEW ITEMS FOR THE SUMMER

**AVAILABLE BOTH BREAKS**

- Rice salad with chicken Chippies
  - **$4.00**
- Glenvale Burger - chicken burger with full salad and mayo
  - **$5.00**

## MINI MENU

As per normal menu but smaller portions

- **$2.00** Mini Hotdog
- **$3.00** SLAMS (6 pack of super mini chicken pies)
- **$2.00** Mini Sausage Roll
- **$2.50** Mini Pie
- **$2.50** Mini Pizza (Hawaiian or Cheese)

**EXTRAS -**

- **10c** Plastic Cutlery (free with any food order)
- **20c** Paper Lunch Bag
- **40c** Tomato, BBQ, Mayo or Sweet Chilli Sauce
GLENVALE TUCKERBOX
THINGS TO REMEMBER....

TUCKSHOP ORDER HINTS

- Please remember to use separate bags for 1st and 2nd break. If you don’t have paper bags please remember to add 20c for to your order for a bag.
- The child’s name and class MUST be written on each bag.
- If change is required and its under $5 it will be sticky taped to the bag, if it is over $5 it will be taken to the office for collection at 3pm.

- PLEASE DO NOT STAPLE OR STICKY TAPE THE BAGS as this tends to make them unusable. Please us a zip lock bag if you are concerned about the money getting lost.
- If you would like to use our online ordering service then please log onto www.flexischools.com.au and register your details. Please ask for further details at the tuckshop if you would like more information.

VOLUNTEERS WANTED

Can you spare an hour or two a week/fortnight/month to help out in the tuckshop? Come in for a coffee and help out when you can. The children love to see mums/dads/grandparents etc working in the tuckshop.

ALLERGIES

Does your child suffer from food allergies or diabetes? We are happy to help out with making sure your child stays healthy and happy. Come and see us with any questions you may have.
If you have any ideas for the menu then please let us know those as well.

Hannah Bligh
Tuckshop - 46592123
Mobile - 0458477086

GENERAL INFORMATION

Please state on your child’s bag if they do not want a certain item on their salad/sandwich etc.
All sandwiches are available on white/wholemeal or gluten free bread or wraps.

When the 1st bell goes 2 children from each class come to collect the tuckshop baskets (grades prep-3) with the food and drinks in it. Grades 4-6 come individually to collect their lunch and drinks.
If the child has ordered a slushie or an iceblock an icecream sticker will be placed on their bag. They need to keep hold of this bag and bring it back to the tuckshop when the 2nd bell goes to collect their item.

SMART CHOICES FOOD AND DRINK CRITERIA FOR QUEENSLAND SCHOOLS

The Tuckshop complies with the Smart Choices Food and Drink Criteria.
Tuckshop food and drink is classified as the following:

GREEN - foods that are healthy and should be encouraged to be eaten daily.

AMBER - these foods should be selected carefully, while they are reasonably low in fat, salt and sugar it is recommended that the children should only choose ONE of these items only to eat at lunch break. Two or more servings of Amber foods brings the meal in the RED range.

RED - these are occasional foods. There are no red foods on the menu. We have a red day per term where the children are allowed lollies, soft drinks etc.