

## 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 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 - Tuckshop Convenor  
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](http://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.

# GLENVALE TUCKSHOP Summer Menu



Term 4 2018 &  
Term 1 2019

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

# GLENVALE TUCKSHOP SUMMER 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

- |        |   |   |
|--------|---|---|
| \$2.50 | Jam   |  |
| \$3.00 | Cheese and Vegemite   |   |
| \$3.50 | Egg and Lettuce   |   |
| \$3.50 | Salad (lettuce, tomato, cucumber, carrot and beetroot)  |   |
| \$3.50 | Ham and Cheese  |   |
| \$4.50 | Ham and Salad   |   |
| \$4.70 | Chicken and Salad   |   |
| \$5.00 | Chicken Caesar Wrap (lettuce, cheese, pulled chicken, bacon pieces, sliced egg & Caesar dressing) |   |

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

## HAWAIIAN WEDNESDAY

(available both breaks)

### \$3.50 HAWAIIAN BURGER

chicken pattie, cheese, lettuce, pineapple and mayo

### \$3.50 HAWAIIAN HOTDOG

hotdog with cheese, tomato sauce and pineapple



### \$2.50 TROPICAL SLUSHIE

with a cocktail umbrella

## THURSDAY SPECIAL

(available both breaks)

### \$4.50 NUCLEAR SUB

sweet chilli tender, cheese, lettuce with sweet chilli sauce or mayo in a toasted wrap

## HOT FOOD

- |        |   |
|--------|---|
| \$3.00 | Hotdog (tomato or BBQ sauce)                      |
| \$3.00 | Chicken chips (5 in a bag)                        |
| \$3.00 | GLUTEN FREE nuggets                               |
| \$3.50 | Pizza - Tuckshop Made (Cheese or Hawaiian)        |
| \$4.00 | Sausage Roll                                      |
| \$4.50 | Chicken Burger (chicken pattie, lettuce and mayo) |
| \$5.50 | Hamburger (pattie, salad & tomato or BBQ sauce)   |
| \$5.50 | Glenvale Burger (chicken pattie, salad and mayo)  |

## SALADS, FRUITS AND TREATS

### SALAD BOXES



Includes cutlery and mayo

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

- |        |                              |
|--------|------------------------------|
| \$4.00 | Garden Salad                 |
| \$4.50 | Garden Salad with Ham or Egg |
| \$4.70 | Garden Salad with Chicken    |

### FRESH FRUIT

- |        |             |
|--------|-------------|
| \$1.00 | Apple       |
| \$2.50 | 3 Fruit Cup |

### SNACKS AND TREATS

- |        |  |
|--------|--|
| \$1.00 | Fresh Popcorn                          |
| \$1.50 | Raspberry and Banana Muffin (homemade) |
| \$1.50 | ANZAC Slice (homemade)                 |
| \$1.50 | Chocolate Brownie (homemade)           |
| \$1.50 | Choc Chip Cookie                       |
| \$2.00 | Red Rock Chips (Honey Soy)             |
| \$2.50 | Yoghurt Berry Crunch                   |

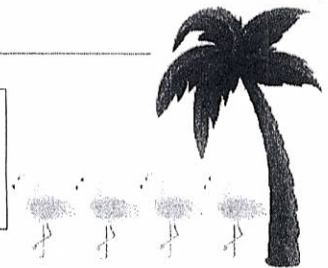
## MINI MENU

For smaller appetites

- |        |                                 |
|--------|---------------------------------|
| \$2.00 | Mini Sausage Roll               |
| \$2.00 | Mini Hotdog                     |
| \$2.50 | Mini Pizza (Cheese or Hawaiian) |
| \$2.70 | Mini Pie                        |

## 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.flexischools.com.au](http://www.flexischools.com.au)  
These orders must be completed by 8.30am on the day that you require the meal.