

GLENVALE TUCKER BOX

TuckShop

Winter Menu

Open Wednesday, Thursday & Friday
8:00am - 2:00pm

Sandwiches-Wraps-Rolls

Jam	\$2.50
Cheese & Vegemite	\$3.00
Egg & Lettuce	\$3.50
Ham & Cheese	\$3.50
Salad lettuce, tomato, cucumber, carrot & beetroot	\$4.00
Ham & Salad	\$4.50
Chicken, Cheese & Mayo	\$4.50
Chicken & Salad	\$5.00
Chicken Caesar Wrap pulled chicken, bacon pieces, sliced egg, lettuce, cheese & ceaser dressing	\$5.50

Please state if you would like a sandwich, wrap or roll.
TM - YOUR CHOICE OF WHITE OR WHOLE MEAL BREAD.
GLUTEN FREE WRAPS TOASTED OR NON TOASTED

Hot Food

Chicken Chips	\$3.50
Hotdog	\$4.00
Pizza -TM Cheese or Hawaiian	\$4.00
Sausage Roll	\$4.50
Fried Rice Oven Baked	\$4.50
Chicken Burger chicken patty, lettuce & mayo	\$5.00
Hamburger beef patty & salad, tomato or bbq sauce	\$6.00

Specials



MAC & CHEESE
WEDNESDAY
AVAILABLE BOTH BREAKS

Macaroni Cheese \$5.00
macaroni pasta with
cheese sauce

ITALIAN THURSDAY
AVAILABLE BOTH BREAKS

Spaghetti
Bolognaise \$5.00
mince with bolognaise sause
served with spaghetti pasta



Mini Menu

Mini Sausage Roll	\$2.50
Mini Hotdog	\$2.50
Mini Pizza -TM Cheese or Hawaiian	\$2.50
Mini Pie	\$3.00

Gluten Free

Gluten Free Mini Pizza -TM Cheese or Hawaiian	\$2.50
Gluten Free Chicken Pack 4 gluten free nuggets with carrot sticks, cucumber sticks & cheese cube	\$4.00

Extras

Tomato, BBQ Sauce or Mayo	50c
Extra Filling (on sandwich wrap or roll)	50c

*TM - Tuckshop Made



Salad Boxes

Garden Salad	\$4.00
Garden Salad with Ham or Egg	\$5.00
Garden Salad with Chicken	\$5.00
Chicken Caesar Salad	\$5.50

Salads are made with lettuce, tomato,
cucumber, carrot, beetroot & include cutlery & mayo

Fresh Fruit

Apple	\$1.00
Fruit Cup - a cup of 3 seasonal fruits	\$2.50

Snacks & Treats

Fresh Popcorn	\$1.00
Raspberry & Banana Muffin -TM	\$2.00
ANZAC Slice -TM	\$2.00
Chocolate Brownie -TM	\$2.00
Yoghurt Berry Crunch	\$2.50

Frozen Treats

Fruity Ice Blocks	50c
Icy Mony	\$1.20

Drinks

600ml Water	\$1.50
Extra Juicy Popper apple, apple & blackcurrant or tropical	\$2.50
Fresh Flavoured Milk chocolate or strawberry	\$2.70
Slushie -FIRST BREAK ONLY Extra Slushie Flavour ADD 50c	\$3.00
Hot Milo -FIRST BREAK ONLY Available Wednesday & Thursday	\$2.00

FOR FAST & EASY ONLINE ORDERING

Download the Qkr! App & find our school.
Online orders to be completed by 8:30am on the same day.

SMART CHOICE FOOD & DRINK CRITERIA FOR QUEENSLAND SCHOOLS

Our School 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 goods 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 and 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.

Tuckshop Convenor
Robyn - 4659 2123

Thankyou for your support!

VOLUNTEERS ALWAYS NEEDED...

Can you spare an hour or two a week, fortnight or a month to help out in the tuckshop? You could even buddy up and bring another parent along with you.

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

Pop in for a chat and we can sort a time that works best for you.

FAST & EASY ONLINE ORDERING FOR THE SCHOOL TUCKSHOP & UNIFORM SHOP

Download the Qkr! App on your device
& find our school.

Online orders for the Tuckshop are to be completed by 8:30am on the same day.

Online orders for the Uniform Shop:
Orders will be filled on Monday morning and Thursday afternoon. Then available for collection from the school office Monday's from 9am and Thursday's from 2:30pm. Either you or the student can collect the order from the office.

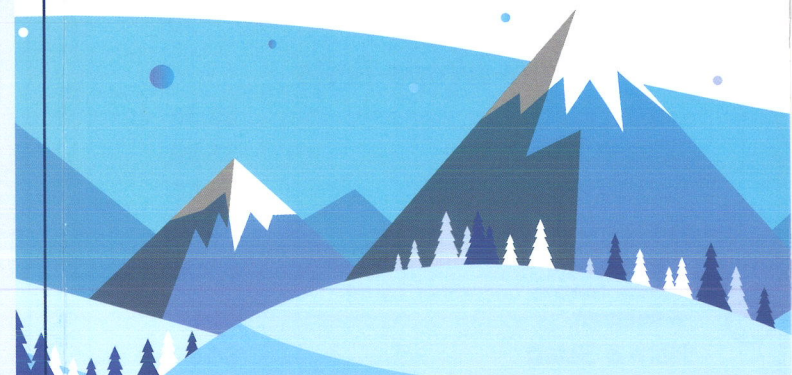
Tuckshop Ordering Hints

- 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 it's 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 please use a ziplock bag.

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*Wednesday, Thursday
& Friday*

8:00am - 2:00pm

Glenvale
State School
P&C ASSOCIATION