

VOLUNTEERS

Please come and help prepare
delicious healthy food for our kids!

Join us with other parents and grandparents
to support the school and make new friends.

Any help is greatly appreciated
even an hour or two....

Please call us on 5568 5222 or just drop in

Thank you



TUCKSHOP MENU

SMART CHOICES

...Food and drink spectrum...

'OCCASIONALLY'



- These foods and drinks:
- Lack adequate nutritional value
 - Are high in saturated fat and/or sugar and/or salt
 - Can contribute to excess energy (kilojoules or calories)

'SELECT CAREFULLY'



- These foods and drinks:
- Have some nutritional value
 - Have moderate amounts of saturated fat and/or added sugar and/or salt
 - Can, in large serve sizes, contribute excess energy (kilojoules or calories)

'HAVE PLENTY'



- These foods and drinks:
- Are excellent sources of important nutrients
 - Are low in saturated fat and/or added sugar and/or salt
 - Help to avoid an intake of excess energy (kilojoules or calories)

MONDAY to FRIDAY
8.30am - 2.30pm

ORDER ONLINE, IT'S EASY!

HOW TO ORDER TUCKSHOP

Simply download the QKR app from the app
store (iPhone) or Google Play (Android)

Register your child's details on the app
Add your school and then you are ready to order
and pay for meals and any other items

QKR cut off order time is 8.40am

Install Now!!



COFFEE SHOP

Opening Hours

7.30am until 9.00am



WEEKLY SPECIALS (FIRST BREAK ONLY)

MONDAY

Karaage Chicken Wrap
Lettuce Grated Cheese and mayonnaise
\$5.50

TUESDAY

Dino Nugget Meal Deal \$6.50
Vegan Nugget Meal Deal \$7.50
Gluten Free Chicken Nugget Meal deal \$7.50
All meals Crunchy Apple, Popcorn Zooper dooper
and a drink

WEDNESDAY

Burger day from \$5.50
Beef Burger
Chicken Burger
Gluten free Chicken Or Beef Burger

THURSDAY

SUSHI \$4.00

*Chicken & Avocado *Tuna & Mayo
*Avocado (Gluten Free) * Chicken teriyaki

FRIDAY

HOT Dogs From \$4.00
Hot dog
Hot dog with cheese \$4.50
Vegetarian Or Gluten Free hot dogs From \$4.80

MORE OPTIONS AVAILABE ONLY ON



HOME MADE BAKED SNACKS

Apple & Cinnamon or Blueberry Muffin \$2.00

Gluten and Dairy Free
Apple Cinnamon/Blueberry Muffin \$2.50

EVERYDAY (Hot food, Snacks & Drinks)

Low fat Sausage Rolls \$4.00
Corn on the Cob \$1.20
Pasta Tray with cheese (Napoli Sauce) \$2.50

Pasta Tray (Gluten free) \$3.50
Pasta Tray (Gluten free Dairy Free) \$3.80
DF GF Garlic Bread \$1.80
Garlic bread \$1.20
Small Meat Pie \$3.50

SNACKS

Air Popcorn (GF) \$1.00
Carrot Sticks \$1.00
Orange Pieces \$1.20
Slinky Apple \$1.20
Watermelon \$1.50
Fruit Salad \$1.50
Low Fat Custard \$1.70
Low Fat Vanilla Yoghurt \$1.60
Boiled Eggs \$1.00
Mainland Cheese and Rice Crackers \$2.40
Edamame Beans (WARM) \$1.50
Vegemite and Cheese Scrolls \$3.00

DRINKS

Water Small \$1.00
Water Large \$2.00
Plain Milk \$1.70
Poppers - Apple & Blackcurrant or Apple \$2.20
Flavored Milk 250ml - Chocolate or Strawberry \$2.70
Kanger Krush Slushi - 99.9% Fruit Juice \$2.50

SNACK BOXES

BUNNY MUNCH BOX \$3.50

Carrot sticks, cucumber, Cherry Tomatoes cheese & rice crackers

SNACK BOX \$4.00

Carrot Sticks, Cherry Tomatoes, cucumber, cheese, Gf ham
& rice crackers

These Snack Boxes Are Gluten Free

SANWICHES (BOTH BREAKS)

Chicken \$4.80
Ham \$4.00
Ham and Cheese \$4.50
Egg, Lettuce & Mayo \$4.50
Full Salad \$5.00
Cheese \$3.00
Vegemite \$2.50
Jam \$2.50

**MANY MORE OPTIONS AVAILABLE
ON QKR**



ICE BLOCKS

Water Ice Block \$1.20
Billabong chocolate or Rainbow \$2.80
Lemonade Icy Pole \$2.00
Vegan Lemon Sorbet Tub \$2.50
Many More available on QKR