

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

Desiree



TUCKSHOP MENU

SMART CHOICES

...Food and drink spectrum...



- 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)

- 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)

- 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 - 2.00pm

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 sharp!

Install Now!!



Opening Hours
7.30am until 8.30am



WEEKLY SPECIALS (FIRST BREAK ONLY)

MONDAY

KARAAAGE CHICKEN WRAP

Lettuce grated cheese and mayonnaise

\$5.50

TUESDAY

RAINBOW PASTA SALAD \$4.00

Spiral pasta, capsicum, carrot, cucumber, corn
Served with a light olive oil and fresh orange juice
dressing

ADD CHICKEN \$1.00 extra

WEDNESDAY

BURGER DAY (from) \$5.00

*Beef *Chicken *Veggie * Fish

Gluten free option available \$6.50

THURSDAY

SUSHI \$3.80 (Gluten Free)

*Chicken & Avocado *Tuna & Mayo

*Avocado

FRIDAY

HOT DOGS

Hot dog \$3.50

Hot dog with cheese \$4.00

Veggie or GF hot dogs (from) \$4.50

ORDER NOW!! ON Qkr



HOME MADE BAKED SANCKS

Apple & cinnamon, blueberry or banana muffin \$1.50

GF Apple cinnamon muffin \$2.00

GF - Gluten free

DF - Dairy free

EVERYDAY (Hot food, Snacks & Drinks)

| | |
|--------------------------------------|--------|
| Low fat Sausage Rolls | \$3.50 |
| Corn on the Cob | \$1.00 |
| Pasta Tray with cheese (veg) | \$2.00 |
| Pasta Tray (Gluten free) | \$3.00 |
| Pasta Tray (Gluten free, dairy free) | \$3.50 |
| GF DF Garlic bread | \$1.60 |
| Garlic bread | \$1.00 |
| Small Meat Pie | \$2.30 |

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/Gluten Free Custard | \$1.60 |
| Low Fat Vanilla Yoghurt | \$1.60 |
| Boiled Eggs | \$1.00 |
| Mainland Cheese and Rice Crackers | \$2.20 |
| Edamame Beans (WARM) | \$1.50 |
| Vegemite and cheese scrolls | \$2.50 |

DRINKS

| | |
|--|--------|
| Water 350ml | \$1.00 |
| Bottled Water 600ml | \$2.00 |
| Plain Milk | \$1.50 |
| Poppers - Apple & Blackcurrant or Apple | \$2.00 |
| Calciyum Milk 250ml - Chocolate or Strawberry | \$2.50 |
| Kanger Krush Slushi - 99.9% Fruit Juice (no Prep orders) | \$2.00 |

BENTO BOXES (FIRST BREAK ONLY)

Carrot sticks, cherry tomatoes, cucumber, celery sticks, cheese &
rice crackers
\$3.00

SNACK BOX

Carrot Sticks, cherry tomatoes, cucumber, cheese, ham & rice
crackers
\$3.00

SANWICHES (BOTH BREAKS)

| | |
|-------------------------------|--------|
| Chicken | \$4.00 |
| Chicken, Lettuce & Mayonnaise | \$4.50 |
| Ham | \$2.50 |
| Ham and Cheese | \$3.00 |
| Egg, Lettuce & Mayo | \$4.00 |
| Full Salad | \$4.50 |
| Cheese | \$2.50 |
| Cheese and Vegemite | \$2.50 |
| Vegemite | \$2.00 |
| Jam | \$2.00 |

MORE OPTIONS AVAILABLE ON QKR



ICE BLOCKS

| | |
|--------------------------------|--------|
| Frozen Fruit Cups | 50c |
| Frozen Pineapple Hoops | 70c |
| Water Ice Block | \$1.00 |
| Billabong chocolate or Rainbow | \$2.30 |
| Lemonade Icy Pole | \$1.50 |
| Vegan Ice blocks | \$1.60 |

MORE OPTIONS AVAILABLE ON QKR

**All prices on menu are subject to change without notice*