

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

MEATBALL SUB MONDAY (from) \$5.00

Vegan option available

TUESDAY

TACO BOAT TUESDAY \$5.00

Beef mince

Vegetarian option available

WEDNESDAY

BURGER DAY (from) \$5.00

*Beef *Chicken *Veggie * Fish

Gluten free option available \$6.50

THURSDAY

SUSHI \$3.50 (Gluten Free)

*Chicken & Avocado *Tuna & Mayo

*Avocado

FRIDAY

HOT DOGS

Hot dog \$3.00

Hot dog with cheese \$3.50

Veggie or GF hot dogs (from) \$4.00

MORE OPTIONS AVAILABE ONLY ON



HOME MADE BAKED SANCKS

Apple & cinnamon, blueberry or banana muffin \$1.00

GF Apple cinnamon muffin \$1.50

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)	\$2.50
Pasta Tray (Gluten free, dairy free)	\$2.50
GF DF Garlic bread	\$1.50
Garlic bread	70c
Small Meat Pie	\$2.30

SNACKS ATTACK

Air Popcorn (GF)	\$1.00
Carrot Sticks	\$1.00
Orange Pieces	\$1.20
Slinky Apple	\$1.20
Watermelon	\$1.20
Fruit Salad	\$1.20
Low Fat Custard	\$1.00
Low Fat Vanilla Yoghurt	\$1.00
Boiled Eggs	\$1.00
Mainland Cheese and Rice Crackers	\$2.00
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 AVAILABE 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