

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...

'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 - 2.00pm

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!!



COFFEE SHOP

Opening Hours
7.30am until 8.30am



WEEKLY SPECIALS (FIRST BREAK ONLY)

MONDAY

Karaage Chicken Wrap
Lettuce, Grated Cheese and Mayonnaise
\$5.50

TUESDAY

This Day's Menu changes each term
Please check Qkr for this terms Special

WEDNESDAY

Tempura Chicken Dino Nuggets
Comes with Carrot Sticks, Slinky Apple or
Mandarin and a Drink
\$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
Vegetarian or **Gluten Free** hot dogs \$4.50

MORE OPTIONS AVAILABLE ONLY ON



HOME MADE BAKED SNACKS

Apple & Cinnamon, Blueberry Muffin \$1.50
Gluten Free Apple Cinnamon/Blueberry Muffin \$2.00

EVERYDAY (Hot food, Snacks & Drinks)

Low fat Sausage Rolls \$3.50
Corn on the Cob \$1.00
Pasta Tray with cheese (Napoli Sauce) \$2.00
Pasta Tray (Gluten free) \$3.00
Pasta Tray (Gluten free, Dairy free) \$3.50
GF DF Garlic bread \$1.80
Garlic bread \$1.00
Small Meat Pie \$2.50

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 \$1.60
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
Calcium Milk 250ml - Chocolate or Strawberry \$2.50
Kanger Krush Slushi - 99.9% Fruit Juice \$2.00

SNACK BOXES

BUNNY MUNCH BOX

Carrot sticks, cucumber, ½ boiled egg, cheese & rice crackers

SNACK BOX

Carrot sticks, ½ boiled egg, cucumber, cheese, gf ham & rice crackers

These Snack Boxes are Gluten Free

SANDWICHES (BOTH BREAKS)

Chicken \$4.00
Chicken, Lettuce & Mayonnaise \$4.30
Ham \$3.50
Ham and Cheese \$4.00
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 60c
Water Ice Block \$1.00
Billabong Chocolate or Rainbow \$2.30
Lemonade Icy Pole \$1.70
Vegan Ice blocks \$1.60

MORE OPTIONS AVAILABLE ON QKR

*All prices on menu are subject to change without notice