

School Lunch Options

Dear Families

We had an overwhelming response to our school lunch survey earlier this term, with 124 responses! You can read the full results in the attachment.

83.1% of those surveyed wanted the school to investigate new lunch order options.

A detailed research of school lunch options currently available was conducted, looking at the food options (wide range of choices, fresh/healthy foods, catering for different allergies e.g. vegetarian, gluten free), price, availability of days, delivery times and online ordering options.

School Council met on 4 June to discuss the choices and we have narrowed the search down to three options which are local businesses.

- Classroom Cuisine- Service on Monday, Wednesday, Thursday, Friday only
- TK Tuckshop – Can service all week
- AJ's Bakery- Can service all week

Please read the menus on the following pages.

In the short term, we will keep the current Friday lunch orders system and add a new option for Monday to Thursday as a trial. We would like your feedback on which option you like.

We will then gain feedback to see how we are tracking.

We ask that you read the options below and then fill in a survey to let us know your thoughts.

The survey can be accessed at:

<https://forms.gle/r8LVmZCvnconV6Fy5>

We look forward to hearing your feedback.

Rath Biddle

Principal



HEALTHY, INTERESTING AND AFFORDABLE LUNCH PACKS DELIVERED TO SCHOOL!
MONDAY, WEDNESDAY, THURSDAY & FRIDAY (See calendar on website for days at your School)
ORDER ONLINE until 8.30am on the DAY LUNCH IS REQUIRED

We provide a High-Quality Lunch Service & Customer Experience that delights our Users and is hassle-free for Schools.
 We are committed to supporting Schools to achieve their Sustainability Goals, as well as minimising Our environmental footprint and Scope 3 Emissions.

Choose ONE Main Course item, then select ANY 1 or 2 Items from the Snack/Drink Menu to make up a TWO or THREE Course Lunch Pack	
2 COURSE LUNCH: ① \$9.65 ② \$10.95 ③ \$11.95 ④ \$13.45	3 COURSE LUNCH: ① \$11.70 ② \$12.75 ③ \$13.65 ④ \$15.15
SANDWICHES/ROLLS/WRAPS # 1½ SANDWICHES # 2 SANDWICHES SUSHI & RICE PAPER ROLLS 2 Hand Rolls per Lunch. (*Discard Soy Sauce for Gluten Free)	BAKERY & PIZZA items have been Baked Fresh this morning and are served at room temperature. SALADS created in our kitchen with the freshest ingredients every day.
SUSHI & RICE PAPER ROLLS Teriyaki Chicken Hand Rolls ③ Cooked Tuna Hand Rolls ③ Avocado Hand Rolls ③ Cucumber Hand Rolls ③ Vegetarian Hand Rolls ③ Tofu Hand Rolls ③ Rice Paper Rolls – Veg ④ SALADS Greek Style Salad with Feta and Olives ④ Mexican Inspired Salad ④ Tuna Mix w/ Brown Rice & Quinoa Cakes ③	PIZZA & GOZLEME Margherita Pita Pizza ① Ham & Pineapple Pizza Slice ② Spinach & Cheese Gozleme ④ Lamb & Beef Gozleme ④ Mushroom & Spinach Gozleme ④ Frankfurt in a blanket w/ sauce & cheese (2) BAKERY Cheese & Vegemite Scroll (w/m) ① Semi Dried Tomato & Olive ROLL ② SCROLL with Ham & Cheese ② Topped w/ Only Cheese Roll ①
GLUTEN FREE SANDWICHES & WRAPS #GF Ham & Cheese Sandwich ③ #GF Cucumber & Ham Sandwich ③ GF Wrap - Ham & Salad ④ GF Wrap - Garden Salad ④	PIC(K)NIC BOXES/FRUIT & VEG Pic(k)nic Box – Vegetarian ③ Pic(k)nic Box with Ham ③ Pic(k)nic Box with a Whole Egg ③ Steamed Corn wheels, Broccoli & Carrot ③ Main course of Fresh Fruit Salad ④ SANDWICHES/ROLLS/WRAPS # Vegemite Sandwich ① # Plain Cheese Sandwich ① Simple Salad Roll ① Roast Beef, Chutney, Cheese & Lettuce Roll ③ #Turkey, Cranberry, Lettuce & Cheese Sandwich ③ Mild Salami & Salad Roll ③ Cheese & Salad Roll ① Salad w/ Ham Roll (No Cheese) ② #Wholegrain Ham & Cheese Sandwich ② Wholegrain ROLL w/ Cheese and Tomato ①

SNACK/DRINK MENU

FRESH FRUIT & VEGETABLES Freshly chopped Strawberries w/ Grapes Fresh Fruit Combo Apple pieces, Lemon Juice, Cinnamon & Brown Sugar Cantaloupe & Honeydew pieces Freshly chopped Watermelon Pieces Freshly chopped Orange Segments Whole Fruit – Banana Cherry Tomatoes, Tasty Cheese & Rice Crackers Celery & Carrot Sticks w/ Sultanas Carrot, Cucumber, Red & Yellow Capsicum Sugar Snap Peas, Beans & Cherry Tomatoes Edamame (Lightly Salted)	DRIED FRUIT/LEGUMES Dried Fruit Medley w/ Yoghurt Sultanas Lime & Black Pepper Chickpeas Roasted Chickpeas Balsamic & Sea Salt Fava Beans DIPS & CRACKERS Tzatziki Dip w/ Rice Crackers Spring Onion Dip w/ Rice Crackers Spicy Capsicum Dip w/ Rice Crackers Avocado Dip w/ Rice Crackers	BAKERY Choc Chip Cookie Gluten Free Choc Cup Cake Cornflake Cookie Blueberry Muffin Finger Bun with Sprinkles Fruit Bun Cinnamon Donut Jam Drop Biscuit (GF) Gluten Free Banana Slice POPCORN Popcorn - Slightly Sweet, Lightly Salted Popcorn - Lightly Salted	YOGHURTS/BOWLS Strawberry Yoghurt (Dairy Farmers) Classic Vanilla Yoghurt (Dairy Farmers) Chia Bowl w/ Banana, Coconut & Strawberries Stewed Rhubarb & Apple w/ Custard DRINKS Nippy's Chocolate Milk Nippy's Apple Juice Nippy's Orange Juice Nippy's Strawberry (Lactose Free) Milk So Good Soy Milk Full Cream Milk
---	---	---	---

More information including descriptions, portion size, pricing & allergen information is available on our website: www.classroomcuisine.com.au



SUSHI
Crispy chicken
Teryaki chicken
Tuna
Prawn
Salmon avocado
Cucumber avocado
Vegan

PLUS 1 SNACK OR DRINK FROM \$11.00

RICE PAPER ROLLS
Chicken
Prawn
Vegetarian
Mixed pack

PLUS 1 SNACK OR DRINK FROM \$13.45





S/WICHES
Cheese
Vegemite
Roast chicken

PLUS 1 SNACK OR DRINK FROM \$8.95

WRAPS
Roast chicken
Salad

PLUS 1 SNACK OR DRINK FROM \$9.95

ROLLS
Ham & salad
Roast beef
Ham, cheese, tomato croissant
Ham, cheese croissant

PLUS 1 SNACK OR DRINK FROM \$10.45



PIZZAS
Margherita
Ham & cheese
Pepperoni
Vegan margherita
Bouillie pack

PLUS 1 SNACK OR DRINK FROM \$8.65

BUREKS
Spinach & cheese
Beef
Chicken

PLUS 1 SNACK OR DRINK FROM \$11.95



BOXES
Pancake box
Kaan dippers box
Chicken pizza box
Ham picnic box
Vegetarian picnic box
Asian noodles
Tuna pasta
Fruit salad

PLUS 1 SNACK OR DRINK FROM \$10.45



LIGHT PACKS
Options:
Plain croissant
Cheese & bacon roll
Cheese & vegemite scroll

PLUS 1 SNACK OR DRINK FROM \$5.00






Greg Perkins
0409 865 857
greg.p@iktuckshop.com.au
www.iktuckshop.com.au




BOOK A MEETING WITH GREG DOWNLOAD OUR APP





SNACKS

Apple
Banana
Fruit salad
Shred orange
Watermelon pieces
Strawberries & grapes
Carrot, cucumber & capsicum sticks
Cherry tomatoes, cheese & crackers



M&M cookie
Anzac cookie
Chocolate cookie
Banana bread
Cob's popcorn
Corn chips & salsa
Flavoured yogurt
Strawberry jelly cup
Smurfs original chips
Smurfs salt & vinegar chips
Chocolate muffin
Blueberry muffin
Fruit donut with sprinkles
Chocolate donut with sprinkles

DRINKS
Apple juice
Orange juice
Strawberry milk
Chocolate milk
Fruit orange milk
Soy milk





Greg Perkins
0409 865 857
greg.p@iktuckshop.com.au
www.iktuckshop.com.au

BOOK A MEETING WITH GREG DOWNLOAD OUR APP

TK TUCKSHOP
LUNCH DELIVERY PARTNER



Lunch packs starting from just \$5

Order until 8am on the day via our app

Over 40 delicious lunch packs to cater to all dietaries!









TK's is a leading provider of nutritious & fun lunch packs, with a focus on quality ingredients and sustainable packaging.









We have flexible menu options to meet schools individual needs and can deliver up to 5 days a week.









We deliver direct to schools, with orders individually packed for each class.








Powered by 






AJ's Bakery (243 E Boundary Rd, Bentleigh East VIC 3165) Monday- Friday, Order via QQR (no website)- Example Menu:









Hot Food	Snacks	Gluten Free	Pies & Sausage
	2x Baked Chicken Tenders		\$4.50
	Hot Dog		\$4.50
	Chicken Schnitzel		\$7.00
	1 Small Baked Chicken Schnitzel (No Bread)		\$3.50
	Egg and Bacon Quiche 125g		\$4.00
	Penne Bolognaise (Mon,Wed,Fri)		\$5.50
	Vegetarian Pasta - Penne		\$5.50
	please note there may be traces of nut from the process		\$0.00









Hot Food	Snacks	Gluten Free	Pies & Sausage
	traces of nut from the process		
	Veggie Fried Rice no egg		\$5.50
	Veggie Pastie		\$4.00
	Vegetable Quiche		\$4.00
	Cheese & Spinach Quiche		\$4.00
	Chicken Curry & Rice (Mild)		\$7.50
	Chicken Noodle Stir Fry		\$5.50
	Large Chicken Schnitzel		\$6.00









Hot Food	Snacks	Gluten Free	Pies & Sausage
	Chocolate Chip Cookie(Nut free)		\$3.00
	Fruit Salad		\$5.00
	Ginger Bread Men (no nuts)		\$3.00
	Jam Ring Cookie (nut free)		\$2.50
	Jam Tart(nut free)		\$2.00
	Jelly Cup		\$3.00
	melting moments(nut free)		\$3.00
	Muffin (Nut Free)		\$3.50









Hot Food	Snacks	Gluten Free	Pies & Sausage
	Jelly Cup		\$3.00
	melting moments(nut free)		\$3.00
	Muffin (Nut Free)		\$3.50
	Piece of Cake (NF)		\$3.50
	Piece of Fruit		\$2.00
	Smooth Plain Yoghurt 97% fat free		\$4.00
	Monkey Face Cookie Nut Free		\$3.00








Hot Food	Snacks	Gluten Free	Pies & Sausage
	Yoghurt with mixed berries		\$4.50
	Garden Salad (V)		\$6.50
	Greek Salad (V) Salad include lettuce,capsicum,cucumber,olive...		\$6.50
	Fruit Drink		\$2.00
	Flavoured Milk		\$3.00

er Rolls	Salads	Sandwiches	Sandwiches and Wraps
		Buttered Only Sandwich	\$2.00
		Cheese & Lettuce Sandwich	\$3.50
		Cheese Sandwich	\$4.00
		COLD chicken lettuce ,carrot,tomato, mayo...	\$6.50
		Chicken Sandwich	\$5.50
		Chicken Schnitzel Sandwich	\$6.00
		Chicken Schnitzel Lettuce and Mayo	\$7.00
		Chicken Schnitzel Lettuce and Mayo	\$7.50

er Rolls	Salads	Sandwiches	Sandwiches and Wraps
		Chicken Schnitzel Lettuce Mayo Sandwich	\$7.50
		Chicken Schnitzel Lettuce Tomato Carrot Cucumber Mayo Sandwich	\$7.00
		Ham Sandwich	\$4.00
		Lettuce Cheese Tomato Sandwich	\$4.50
		Salad Roll (Dairy free)	\$4.50
		salami salad s/w	\$6.00
		Salmon Cream Cheese s/w	\$6.00
		Tasty Cheese & Salad Roll	\$5.00

er Rolls	Salads	Sandwiches	Sandwiches and Wraps
		Tomato cheese Sandwich	\$4.50
		Turkey Cranberry Lettuce	\$6.00
		Vegemite Sandwich	\$3.00
		Lettuce and Tomato sandwich(Dairy free) option in case some students can...	\$3.50
		Chicken Salad Roll	\$6.00
		Chicken schnitzel & lettuce roll	\$7.00
		Chicken Schnitzel Spinach Cheese Carrot Roll	\$7.00
		Chicken schnitzel, cheese & salad roll	\$7.00

er Rolls	Salads	Sandwiches	Sandwiches and Wraps
		salad roll	\$7.00
		Chicken schnitzel, cheese, salad & mayo roll	\$7.00
		Chicken schnitzel, lettuce & mayo roll	\$7.00
		Chicken schnitzel, lettuce & mayo sandwich	\$7.00
		Ham Cheese Sandwich	\$4.00
		Ham Salad Roll	\$7.00
		Salami Salad Roll	\$6.00
		Chicken Schnitzel Sandwich with Tomato Sauce	\$5.00

er Rolls	Salads	Sushi and Rice Paper Rolls	Salads
		2x Chicken Rice Paper Roll	\$5.00
		2x Crispy Chicken Cucumber Hand Roll	\$5.00
		2x Tuna & Cucumber Hand Roll Sushi	\$5.00
		2x Cucumber Carrot Hand Roll Sushi (VG)	\$5.00
		2x Vegetarian Rice Paper Roll (GF)	\$5.00
		Mild Salami Sandwich	\$4.50
		Roast Beef Salad Roll	\$6.00