



TUCKSHOP MENU

Simple yummy food while we wait for our new Tuckshop.

Salads

Small garden salad (lettuce, tomato, cucumber, carrot)	\$3.00
Protein Power (your choice of ham, chicken, tuna or egg with lettuce, tomato, cucumber, carrot, cheese, beetroot)	\$5.00

Sandwiches

Vegemite / cheese / jam / honey	\$2.00
Vegemite & cheese	\$2.30
Tomato & cheese	\$2.30
Ham OR Chicken	\$3.00
Ham OR Chicken with cheese	\$3.50
Chicken OR egg OR tuna with mayo & lettuce	\$3.50
Salad*	\$4.00
Ham OR chicken OR egg OR tuna with salad*	\$5.00

*Salads consist of lettuce, tomato, carrot, cucumber, beetroot & cheese

Toasted	add	\$0.50
Rolls & wraps	add	\$0.60
GF bread	add	\$0.90

Snacks

Veggie sticks (carrot or cucumber)	\$0.80
Fresh Fruit (apple, banana, orange)	\$1.20
Watermelon slice	\$1.00
Slinky apple	\$1.50
Boiled egg	\$1.00
Squeezy yoghurt	\$1.50
Berry yoghurt crunch	\$3.00
Popcorn	\$1.00
Jumpys (chicken or original)	\$1.50
Cheese & crackers (GF available)	\$1.50
Dip, crackers & carrot sticks	\$2.00

Tucky Treats

Chocolate cake slice	\$1.50
Muffin of the moment	\$1.50
Banana bread (GF available)	\$1.60
Gingerbread student	\$2.00
Superfood chocolate bean cake (GF)	\$2.00
Superfood orange & chia seed muffin	\$2.00
ANZAC biscuit	\$0.50

Snack Packs

Snack pack 1 Slinky apple Chocolate cake slice	\$2.80
Snack pack 2 Muffin of the moment Flavoured milk	\$3.50
Snack pack 3 Surprise me squeezy yoghurt Gingerbread student	\$3.50

Value Meal Deals

Everyday Yummy Sandwich Choose either a yummy ham & cheese, or chicken & cheese, or tomato & cheese sandwich. Have it with a slinky apple & muffin of the moment.	\$6.00
Monday Toasties Choose either plain ham / chicken, or ham / chicken & cheese, or ham / chicken & cheese & tomato. Comes with a surprise me popper and a slice of yummy chocolate cake.	\$6.50
Tuesday & Wednesday Pocket Rockets Ham & cheese toasted pocket with a surprise me squeezy yoghurt and a packet of Jumpys.	\$6.50
Thursday Sushi Your choice of freshly rolled sushi that comes with a surprise me popper juice and a packet of popcorn.	\$6.00
Friday Hot Dogs A delicious oz dog hot dog (salt & fat reduced) on a fresh long bun with your choice of sauce. Add cheese for 50c. Comes with a surprise me popper and a gingerbread student.	\$6.50

Orders can be placed by 9am each day through www.flexischools.com.au