

TUCKSHOP MENU 2022 - Term 1 & 4



OPEN: TUESDAY, WEDNESDAY, THURSDAY & FRIDAY. Phone via the School Office [3712 9888]

during tuckshop contact hours: 8:00am to 2.30pm **Tuckshop Coordinator: Bec Ham** E: tuckshop@mpsspnc.com

Please order via our online ordering system **FLEXISCHOOLS**, eftpos is also available for our families.

We currently are still **NOT accepting cash** at Tuckshop. When you see this symbol "♥" on the menu it means the item is handmade for you in our tuckshop. *T Item available on Tuesday for our great but limited menu.

BRAINFOOD & FRUITBOWL

Available 1st & 2nd break by order only.

♥ VALUE SNACK PACKS:

GRAZE - pikelet, grapes, jatz & cheese 2.50

NIBBLE - choc muffin, apple, jatz & cheese 2.50

NOURISH - blissball, 1/2 boiled egg, cherry toms & cheese 3.50

♥ TUTTY FRUITY: a goodies box of seasonal fruit 3.00

♥ POWER PUNCH: boiled egg, ham, cheese, cucumber & carrot sticks. 3.00

♥ ENERGY BLISS BALL: (G.F) T 2.00

Delicious chocolate balls made on dates, cocoa nibs, coconut, puffed rice, cocoa, hemp seed & coconut oil.

♥ YOGIE POTS:

Vanilla 2.20 Blueberry OR Apple & oatly crumble 2.80

APPLE 1.50

♥ ORANGE CUP T 2.20 ♥ WATERMELON CUP T 2.20

♥ LAYER MIXED CUP Orange, watermelon & grapes T 2.50

SNACKBAR Available 1st & 2nd break by order only.

♥ CHEESE & JATZ T 1.00 ♥ BOILED EGG T 1.50

♥ CARROT STICKS T 0.60 ♥ MINI MUFFIN (Choc) 1.00

♥ PIKELETS (2), with butter 1.00 butter & jam 1.20

♥ CHOC CHIP MUESLI BAR 2.50

TWISTED FROZEN GREEK YOGHURT T 2.90

Strawberry & vanilla flavour

1st BREAK Available by order only.

♥ GARLIC BREAD: plain 1.50 with bacon 2.20

♥ CHICKEN SQUISHIE T 4.00
(a wrap filled & toasted with chicken, mayo & cheese)

♥ MEXICAN SQUISHIE 4.00
(a wrap filled & toasted with Mexican beef, refried beans & cheese)

♥ TURKISH PIZZA MELTS (GF option for base if required):
Cheesy Chicken or Hawaiian Ham or Just Cheddar. 4.00

♥ CHEESY MACARONI MUFFIN T 2.00
(Limited amount available other days)

2nd BREAK Available by order only.

♥ FRIED RICE with bacon & Egg 3.50

♥ MACARONI: plain 3.00 with bacon 3.80

These two items are only available on Tue, Wed & Thur.

SAUSAGE ROLL T Regular 4.00 Halal 5.00

SAUCES: Tomato, BBQ or Sweet chilli 0.40 Soy sauce 0.20

BLACK CURRANT FROZEN JUICE CUP T 1.00

DRINKS Available 1st & 2nd break

DAIRY FARMER'S FRESH MILK (Chocolate or Strawberry) T 2.90

SPRING WATER T 1.20

KRAZY LEMONS (No colour, additives or concentrates) T 2.80

POPPER JUICE 250ml (Apple or Tropical) T 2.00

NOTE:

We are allergy aware at Tuckshop.

You can order your allergy alert order only via FLEXISCHOOLS. Please explore our Gluten free, Dairy free and no butter options. To start this order please select our 'Allergy alert' function and follow with your selection.

Please don't hesitate to make contact to discuss any of these available choices.

Honey and Honeycomb



Rueban & Ketura Ellison's
Honey & Honeycomb \$21
Delivered to classroom or
pick up from tuckshop.

Order via paper bay or Flexischools.

SANDWICH BAR

Available 1st & 2nd break by order only.

- Choose from white, wholemeal or grain bread.
- Sandwich toasting available for an additional 30¢.
- Salad is lettuce, carrot, cucumber & tomato.
- Protein choices are ham, chicken or egg.
- All sandwiches are lightly buttered.

VEGEMITE, HONEY or TOMATO 2.20

CHEESE 2.50

HAM, CHICKEN or EGG 3.30

HAM & CHEESE 3.80

CHICKEN & CHEESE 3.80

SALAD SANDWICH 4.50

PROTEIN & SALAD SANDWICH 5.50

SALAD SHAKER BAR

Available 1st & 2nd break by order only.

Protein choices: Ham, chicken or egg.

Dressing choices: Caesar, honey & mustard mayo, sweet chilli & sesame.

GARDEN SALAD:

Lettuce, snowpeas, cucumber, carrot & tomato plus dressing.

Salad only: Regular size 5.50 Mini size 3.50

With protein: Regular size 6.50 Mini size 4.00

COLOUR ME A RAINBOW:

Lettuce, snow peas, cucumber, carrot, tomato, capsicum, crunchy noodles & red cabbage plus dressing (recommend sweet chilli & sesame with this one).

Salad only: Regular size 6.50 Mini size 4.00

With Protein: Regular size 7.50 Mini size 4.50

CHICKEN LICKEN CAESAR with crunchy croutons, lettuce, cheese, egg, chicken, carrot, cucumber, snowpeas & Caesar dressing.

Regular size 7.50 Mini size 4.50

EXTRAS FOR SANDWICHES & SALAD SHAKERS

Tomato 20¢ Roast pumpkin 1.00 Avocado 1.00 Cheese 50¢

SPECIALS

TUESDAY (Available 2nd break by order only)

♥ TUFFIN: 4.30

Freshly poached egg with bacon, cheese, BBQ sauce on a toasted English muffin.

♥ HOT DOGS plain 4.00 or with cheese 4.30

WEDNESDAY (Available 2nd break by order only)

♥ GARLIC & CHEESE SMASHED SPUDS 2.50

Loaded with Bacon & Shallots 3.50

Loaded with Mexican beef 3.50

Add sour cream 80¢

THURSDAY (Available 2nd break by order only)

♥ CHICKEN BURGER 5.50

Fresh bread roll stacked with lettuce, tomato, carrot, cheese, crunchy chicken patty and mayo.

♥ VEGETARIAN LENTIL BURGER 5.50

Fresh bread roll with lettuce, tomato, carrot, cheese and our very own delicious lentil patty & BBQ sauce.

FRIDAY (Available by order only)

1st Break:

CHICKEN FINGERS 3 fingers 2.70 6 fingers 4.20

2nd Break:

SUSHI: Made to order in house especially on Fridays 3.60

Teriyaki Chicken (GF) or Tuna & Cucumber (GF) or Tuna & Avocado (GF) or Avocado (GF) (Vegetarian).

PIZZA IN A HURRY (delivered fresh in individual boxes-2 slices) 4.20
Supreme chicken, Vegetarian, Hawaiian or Cheese