

ST SAVIOURS PRIMARY SCHOOL TUCKSHOP MENU 2016

HOW TO ORDER:

- Ordering method is via online at www.flexischools.com.au by 9:30am
- To add a new student visit Flexischools website. Click REGISTER NOW and enter your email
- You are emailed a link to the online form. Choose your own username and password and enter your contact details. For each child, click ADD A STUDENT and follow prompts to place an order

Monday, Wednesday and Friday ordering Prep – Yr 6

- ✓ **GREEN FOODS** 'Have plenty' Encourage and promote these foods and drinks for our children. * Only at 2nd break
- # **AMBER FOODS** 'Select carefully' Do not let these foods and drinks dominate choices and avoid large serve sizes.

HOT FOOD		\$
#	Chicken Nuggets – 3	1.60
#	Chicken Nuggets – 6 (Max in total is 6)	3.20
#	Fish Fingers – 3	1.60
#	Snack beef pie (80 gms)	2.00
#	Snack potato pie	2.00
#	Sausage Roll	2.20
# *	Pie	3.30
# *	Butter Chicken & Rice	3.30
# *	Pasta Bolognese	3.30
# *	Macaroni Cheese	3.30
✓ *	Fried Rice	3.30
# *	Hot Dog Tuckshop made	3.30
*	Crispy Chicken Wrap	3.30
# *	Nachos with or without sour cream	3.30
✓	Corn on the cob - half	1.00
#	Mini cheese & bacon roll	1.40
#	Sauce Tomato, BBQ, Sweet&sour	0.30

DRINKS		mls	\$
✓	Water	350	0.70
✓	Water	600	1.40
✓	Milk – plain	300	1.00
✓	Big M Milk – Choc, S'bry	250	1.80
✓	Milk – Dairy Farmers Choc, Strawberry, Coffee	300	2.20
#	Juice – Orange, O/Pass, O/Mango, Apple	250	1.40
#	LOL – fizzy fruit juice Razzbri, B'currant, Tropikl	250	2.20
#	Focus – sports water Raspberry, Fruit Tingle	350	1.90
✓	"Krazy" Lemon	200	1.60
✓	Chill Ice Tea – Raspberry & Peach	250	1.90

These items are only for 2nd Break (Big Lunch) and are to be collected or purchased from the tuckshop window at play bell. If pre-ordered, the bag must be returned to claim.

ICE BLOCKS – SLUSH PUPPY		mls	\$
# *	Wobblly Jelly Sticks		0.20
# *	Fruity Ice		0.25
# *	Zooper Dooper		0.40
# *	Zing Yoghurt Pop		0.50
# *	Mony Ice		0.50
# *	Natural Choc Milk Ice Block		0.80
# *	Frozen Yoghurt		1.30
# *	Slush Puppy	250	2.00

FRESH		\$
S'wiches, Wrap & Salads:		S'Wich
✓	Chicken, Ham, Tuna (all on white high fibre)	3.00
✓	Egg	2.00
✓	Cheese	2.00
✓	Vegemite	1.70
Variations – add to the above prices:		
✓	Wrap	0.50
✓	Toasted (either sandwich or wrap)	0.30
✓	Extra Fillings: (each) Lettuce, cheese, tomato, cucumber, beetroot, pineapple, carrot, egg,	0.30
Salad Containers:		
✓	Cup of Salad (no meat)	3.00
✓	Small Salad (no meat)	4.50
✓	Large Salad (no meat)	5.00
✓	Small Salad (with Chicken, Ham or Tuna)	5.50
✓	Large Salad (with Chicken, Ham or Tuna)	6.50
All include egg, cheese and assorted salads Optional French Dressing.		

SNACKS & DESSERTS		\$
✓	Fresh Orange Quarter	0.30
✓	Apple	0.60
✓	Apple slinky	0.80
✓	Carrot sticks (4)	0.30
✓	Fruit Salad tub 120g	1.60
✓	Vanilla custard tub 100g	1.00
✓	Baby Bell Cheese	1.00
#	Muffins – choc chip, apple Tuckshop made	1.30
#	Cupcake Tuckshop made	1.30
#	Pikelets – 2 buttered	1.30
#	Lamingtons	1.30
#	Muesli Slice Tuckshop made	1.30
# *	Chips – Red Rock Deli Honey Soy and Sea Salt	1.30
✓	Mini Quiche Tuckshop made	1.30
# *	Strawberry Yoghurt Pop Maximum of 5	0.20

For help in setting up an online account please see the convenors on Wednesday or Friday morning before 9am.

Please consider donating a day to help in the tuckshop. Leave your name and contact details with the office or at the tuckshop.

Due to the HEALTH & SAFETY ACT the tuckshop CANNOT reheat food brought from home.