

ST SAVIOURS PRIMARY SCHOOL TUCKSHOP MENU 2018

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 – GF available	1.60
#	Chicken Nuggets – 6 – GF available	3.20
#	Fish Fingers – 3	1.60
#	Snack beef or snack potato pie (80gr)	2.00
✓*	Ham and cheese baked potato	3.20
#	Kool Skool Sausage Roll	2.20
#*	Kool Skool Pie	3.30
#*	Butter Chicken & Rice GF	4.00
#*	Pasta Bolognese GF available	4.00
#*	Macaroni Cheese	3.80
✓*	Fried Rice GF	3.80
#*	Hot Dog Tuckshop Made	3.30
*	Crispy Chicken Wrap Tuckshop made	3.50
#*	Nachos with or without sour cream GF	4.00
✓	Corn on the cob - half	1.00
#	Mini cheese & bacon roll	1.40
#	Tuckshop made Pizza (BBQ Chic, H&P, Chse & Bacon) (GF available)	2.70

DRINKS		mls	\$
✓	Water	250	0.80
✓	Water	600	1.50
✓	Milk – plain	300	1.20
✓	Big M Milk – Choc, S'bry	250	1.90
✓	Milk – Dairy Farmers Choc, Strawberry, Coffee	300	2.30
#	Juice – Orange, O/Pass, O/Mango, Apple	250	1.80
#	Glee – fizzy fruit juice Razzbri, B'currant, Grape	250	2.20
#	Focus – sports water Raspberry, Fruit Tingle, Lemonade	350	2.00
✓	"Krazy" Lemon	200	2.00
✓	Chill Ice Tea – Raspberry & Peach	250	2.00

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	\$
#*	Wobbli Jelly Sticks		0.20
#*	Fruity Ice		0.30
#*	Zooper Dooper		0.40
#*	Zing Yoghurt Pop		0.50
#*	Mony Ice		0.60
#*	Natural Choc Milk Ice Block		0.80
#*	Frozen Yoghurt		2.00
#*	Slush Puppy	250	2.00

FRESH		\$
S'wiches, Wrap & Salads:		
✓	Chicken, Ham, Tuna (all on white high fibre)	3.00
✓	Egg	2.20
✓	Cheese	2.00
✓	Vegemite	1.70
Variations – add to the above prices:		
✓	Wrap	0.50
✓	Toasted (either sandwich or wrap)	0.30
✓	Sushi (available term 1 & 4)	3.20
✓	Extra Fillings: (each) Lettuce, cheese, tomato, cucumber, beetroot, pineapple, carrot, egg,	0.30
Salad Containers:		
✓	Cup of Salad (no meat)	3.00
✓	Wombok Salad	4.50
✓	Ham & Cheese Pasta Salad	3.80
✓	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		\$
✓	Half of an orange or carrot sticks	0.50
✓	Fruit salad tub	1.60
✓	Apple slinky	1.00
✓	Watermelon cups or frozen grapes	1.00
✓	Yoghurt Crunch	1.50
✓	Jelly and custard cup	1.20
✓	Vanilla custard tub or jelly cup- 100g	1.00
✓	Baby Bell Cheese	1.00
✓	Mini Quiche or garlic bread	1.50
✓	Snack pack (rice crackers ,carrot sticks, dried apricots and choice of dip)	2.50
#	Cupcake (GF available) Tuckshop made	1.30
#	Pikelets – 2 buttered	1.50
#	Lamingtons	2.00
#	Oat Choc-Chip Cookie Tuckshop made	1.30
#	Muffin Choc Chip (GF available) Tuckshop made	1.30
#*	Chips – Red Rock Deli Honey Soy and Sea Salt	1.30
#*	Strawberry Yoghurt Pop Maximum of 5	0.40

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. Prices will be updated throughout the school year as needed.



St Saviour's Primary School

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PO Box 1145, Toowoomba Q 4350

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Tuckshop Information for New Families

The tuckshop at St Saviour's Primary School is operated by a convenor and volunteers, and is available to families each Monday, Wednesday and Friday for both morning tea and lunch. The menu is available from Prep through to Year 6 and is wholesome and filling. The majority of the items are prepared and baked in tuckshop on a daily basis, including muffins, seasonal fruit salads, sandwiches, wraps, burgers and salads.

St Saviour's Primary School uses Flexischools (see attached flyer) for tuckshop ordering. Students are able to purchase a limited number of items over the counter during the second lunchtime, however these are limited to snacks such as iceblocks and chips.

The tuckshop cannot run without the help and support of our school community. Volunteering in the tuckshop is a great way to meet new people or perhaps you have someone you might like to work with. We have a lot of laughs – it's not all work and no play! So please, please consider donating a day for the tuckshop this year. Even one day per term or a few hours where you can, makes such a difference. If every school family donated just one day per year our Tuckshop roster would be covered. Dads – don't be shy, we would love to see you too!

If you can help please complete the Tuckshop Volunteer form available on the Schoolzine app or email Natasha in the tuckshop: ssptuckshop@twb.catholic.edu.au with your name, phone number and what day or days suit you. Alternatively, volunteer forms are available from the office to fill in your details.

Also you can contact Tash directly on 0408 986 317.