

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	3.80
# *	Pasta Bolognese (GF available)	3.80
# *	Macaroni Cheese	3.50
✓ *	Fried Rice GF	3.50
# *	Hot Dog Tuckshop Made	3.30
*	Crispy Chicken Wrap Tuckshop made	3.50
# *	Nachos with or without sour cream GF	3.80
✓	Corn on the cob - half	1.00
#	Mini cheese & bacon roll	1.40
#	Tuckshop made Pizza (BBQ Chic, H&P, Chse & Bacon) (GF available)	2.50

DRINKS		mls	\$
✓	Water	250	0.80
✓	Water	600	1.50
✓	Milk – plain	300	1.20
✓	Big M Milk – Choc, S'bry	250	1.80
✓	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		0.25
# *	Zooper Dooper		0.40
# *	Zing Yoghurt Pop		0.50
# *	Mony Ice		0.60
# *	Natural Choc Milk Ice Block		0.80

FRESH		\$
S'wiches, Wrap & Salads:		S'Wich
✓	Chicken, Ham, Tuna (all on white high fibre)	3.00
✓	Egg	2.00
✓	Cheese	2.00
✓	Vegetemite	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	4.00
✓	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		\$
✓	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

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

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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.