

greenslopes TUCKSHOP

TERM 1 2019 menu



SECOND BREAK

Lunch specials

- Weekly special*\$4.50
(Check Flexischools for this weeks special)
- Baked potato\$4.00
(Choose from toppings of cheese, pineapple, shallots & sour cream)
- Home-made spaghetti bolognese\$4.50
- Home-made butter chicken with rice\$4.50

Sushi, rolls and salad bowls* AVAILABLE THURSDAY ONLY.

- Sushi:**
- Chicken avocado sushi.....\$3.00
(Gluten free)
 - Tuna mayo sushi *(Gluten free)* ...\$3.00
 - Avocado sushi *(Gluten free)*\$3.00
 - California sushi\$3.00
 - Beef teriyaki sushi\$3.00
 - Salmon avocado sushi\$3.00
 - Vegetarian carrot sushi.....\$3.00
 - Vegetarian mini sushi (8 piece) ..\$2.90
 - Chicken honey soy sushi.....\$3.00
 - Brown rice sushi *(vegetarian)*\$3.00
 - Inari *(twin pack)*\$2.70
 - Salmon Nigiri\$2.50
 - Vegetarian green sushi.....\$3.00
 - Egg salad sushi\$3.00
- Vietnamese rolls:**
- Chicken teriyaki roll\$3.20
(Gluten free)
 - Salmon avocado roll\$3.20
 - Beef teriyaki roll\$3.20

- Salad bowls:**
- Poached salmon, rice & salad ..\$8.00
 - Chicken teriyaki, rice & salad ...\$7.00
- Extras:** Soy sauce.....\$0.15

Ice Creams

- Frozen juice tube\$0.50
- Chocolate ice cream.....\$1.00
- Bowen mango ice cream.....\$1.00
- Koolstix\$1.00

TUCKSHOP is ordered online via FLEXISCHOOLS

- Create an account and log in at www.flexischools.com.au
- Children (other than preps) are able to purchase snacks such as drinks and ice creams over the counter during playtime in second break

BOTH BREAKS

Snacks

- Yoghurt\$1.50
(Strawberry or vanilla)
- Frozen yoghurt\$2.20
(Strawberry or mango)
- Hard boiled egg\$0.80
- Cheese and crackers.....\$1.00
(Small bag of crackers and cubed cheese)
- Popcorn\$1.30
(Cheddar cheese, lightly salted or sea salt. Gluten free)
- Plain popcorn.....\$0.80
- Roasted Fav-va Beans\$1.00
(Salt and vinegar or lightly salted)

Fruit and vegetable

- Snack attack box\$2.50
(Cucumber, carrot, cheese & rice crackers)
- Corn cobette\$1.10
(Hot food)
- Fruit salad cup*\$3.00
(Fruit changes with the season)
- Apple slinky\$1.00
(Red or green apple)
- Orange wedge\$0.80
- Watermelon wedge\$1.00
- Frozen pineapple slice.....\$0.80

Hot food

- Mini pie\$1.20
(Maximum 3 per order)
- Sausage roll.....\$3.00
- Sauce\$0.20
(Tomato and BBQ)
- Pizza\$3.00
(BBQ chicken, margarita, meatlovers or ham & pineapple)

Sandwiches

- Ham or Chicken.....\$3.00
- Tuna\$2.80
- Salad\$3.00
(Lettuce, tomato, capsicum, grated carrot & cucumber)
- Ham/Chicken/Tuna & salad.....\$4.00
- Ham, cheese & tomato\$3.50
- Chicken, lettuce & mayo.....\$3.00
- Vegetemite or Honey\$1.50

* All sandwiches made with wholemeal bread. White bread only on request.

* Advise on your order if you don't want any of the salad fillings.

* Toasting is available at no charge.

* All sandwiches can be made as wraps – add 30c.

* Cheese can be added to salad sandwiches – add 30c.

Wraps

- Chicken tender wrap.....\$4.00
(Crumbed chicken with option of sweet chilli sauce, mayo or no sauce. Salad extras include lettuce, carrot, tomato and cucumber)
- Halal wrap.....\$4.00
(Chicken nuggets, lettuce & mayo)

Drinks

- Water\$1.00
- Juice\$1.50
(Apple, orange or ABC)
- Milk – plain.....\$1.50
- Milk – flavoured\$2.50
(Chocolate or strawberry)

*Cut off for ordering sushi, weekly specials and fruit salad is 8am the day before Tuckshop. The cut off time for placing all other orders is 8am on the day of Tuckshop (both Tuesday and Thursday)

Volunteers are ALWAYS needed

Book in online via Flexischools to volunteer.