

# Primary Campus Tuck Shop Menu





## The Primary Campus Tuckshop operates on Monday, Wednesday and Friday for Morning Tea and Lunch.

The College now has an online system to make the ordering of school lunches easier and more convenient.

**Order at a time convenient to you**

*In the morning, night before, or weeks in advance!*

**No searching for cash required**

*It's already paid online!*

**Teach students healthy eating in a fun way**

**Order from home or work**

How to order online:

1. Go to [www.flexischools.com.au](http://www.flexischools.com.au)
2. Click "Register Now" to create account
3. Top-up your balance
4. Start ordering immediately



To view a demonstration go to the [www.flexischools.com.au](http://www.flexischools.com.au) website and in the "Find our School" box, enter a few letters from our school name and click the name when it appears below.

How to order with the Tuck Shop direct:

1. Please specify if items are for Morning Tea or Lunch
2. Please specify if separate bags required for food and drink (extra bags 5c each)
3. Please write clearly on each back the child/ren's name, class and teacher
4. Please price items ordered
5. Please do not use staples to close the bag
6. Where possible please supply correct money





# Morning Tea and Lunch Items

Snacks	
Item	Price
Cheese and Crackers (lite)	\$2.50
Chocolate Chip Cookie (lite)	\$1.80
White Chocolate Chip Cookie	\$1.80
Pikelets (x 2 with butter and jam)	\$2.00
Vegemite Scroll	\$2.00
Mini Choc Chip Muffin	\$2.50
Gingerbread People	\$1.80
Fresh Fruit Tub (seasonal fruit)	\$4.00

Sandwiches/Salad Plates	
Item	Price
Salad – lettuce, tomato, cucumber, carrot and cheese	\$5.00
Chicken or Ham and Salad	\$5.00
Ham and Cheese	\$3.50
Tuna, Lettuce and Mayo	\$4.50
Cheese and Tomato	\$3.60
Chicken, Lettuce and Mayo	\$4.80

Rolls / Wraps	
Item	Price
Hot Chicken Roll BBQ Sauce	\$4.80
Chicken and Salad Wrap with Cheese	\$5.50
Ham and Salad Wrap with Cheese	\$5.50
Salad and Cheese Roll	\$5.00
Chicken Chilli Wrap	\$5.50
Ham and Cheese Roll	\$4.50
Southern Style Chicken Wrap (southern chicken, lettuce, cheese and ranch dressing)	\$5.30

Toasted Sandwiches	
Item	Price
Ham and Cheese	\$3.70
Cheese and Tomato	\$3.70
Cheese	\$3.20
Chicken and Cheese	\$4.80
Tuna and Cheese	\$4.80

Hot Food	
Item	Price
Garlic Bread	\$1.50
Pizza Rounda	\$2.80
Hot Dog with Sauce	\$2.90
Hot Dog with Cheese and Sauce	\$3.10
Chicken Nuggets (5 per serve)	\$2.60
Cheese and Bacon Pizza	\$2.50
Mini Quiche	\$2.70

Pies	
Item	Price
School Pie Beef (90g)	\$2.00
Traveller Meat Pie (160g)	\$3.50
Sausage Roll Small (lite)	\$2.50
Potato Top Pie (180g)	\$3.80
Four and Twenty Slams – Chicken (pack 8)	\$3.00
Four and Twenty Slams – Beef (pack 8)	\$3.00

Pasta/Burger	
Item	Price
Macaroni Cheese (school's out)	\$4.00
Lasagne (school's out)	\$4.00
Fried Rice (200g Hakka)	\$4.00
Spaghetti Bolognese	\$4.00
Hamburger with Cheese and BBQ Sauce	\$5.00
Hamburger and Salad	\$5.50
Chicken Burger with Lettuce and Mayo	\$5.00
Tomato and BBQ Sauce Squeeze's	\$0.30

Gluten Free Section	
Item	Price
Roasted Fav-va Beans (nut free and gluten free)	\$0.60
Fried Rice (200g Hakka)	\$4.00
Icy Twist (dairy and gluten free)	\$1.50
Mini Callippo (dairy and gluten free)	\$1.30





<b>Drinks – Juice/Soft Drinks</b>	
<b>Item</b>	<b>Price</b>
Just Juice Popper (250ml) Flavours available: apple and blackcurrant, orange, tropical or apple	\$1.70
Orchy Juice (250ml) Flavours available: orange, apple or apple and blackcurrant	\$2.00
Golden Circle Juice (350ml) Flavours available: apple or orange	\$2.20
Play Water (500ml)	\$2.60
Play Water (350ml)	\$2.10
Peach Ice Tea (500ml)	\$3.00
Crazy Lemonade	\$2.10

<b>Ice Creams/Ice Blocks (available lunch time only)</b>	
Calippo Mini – Raspberry Pineapple	\$1.50
Icy Twist Lemonade	\$1.50
Vanilla Ice Cream (125ml)	\$1.50
Paddle Pop Flavours available: chocolate or rainbow	\$1.80
SplICE Pine Lime	\$2.50
Paddle Pop Shaky Shake	\$2.60

<b>Drinks - Milk</b>	
<b>Item</b>	<b>Price</b>
Milk Popper (250ml) Flavours available: chocolate or strawberry,	\$1.80
Flavoured Milk (300ml) Flavours available: chocolate, strawberry or banana	\$2.10
Flavoured Milk (500ml) Flavours available: chocolate, strawberry, banana or lime	\$3.10

<b>Chips (available lunch time only)</b>	
Jumpies – Chicken Flavour	\$1.20
Honey Soy or Sea Salt	\$1.50
Smiths Chips Flavours available: Plain or Salt & Vinegar	\$1.50

## **Tuckshop Volunteers**

We invite any expressions of interest to volunteer at the Tuckshop and appreciate the support and endeavours of the College community.

Please contact Raewyn Tynan at the Tuckshop for more details on Tel: 3818 5712 or Email: [RTynan@tsac.qld.edu.au](mailto:RTynan@tsac.qld.edu.au)

