

Heatley State School Tuckshop Term 1 2024

Daily Specials Big Break only



Monday

Chicken Teriyaki Sushi GF HM	\$3.50
Karaage Chicken Sushi HM	\$3.50
Tuna & Mayo Sushi GF HM	\$3.50
Avocado Sushi GF HM VG	\$3.00
Add avocado	50c

Tuesday



Taco Box **HM**

Choose either 2 soft taco boats or corn chips **GF option** \$5.00



Wednesday

Beef Burger	\$5.00
Beef patty, lettuce, tomato and cheese with tomato sauce	
Chicken Burger	\$5.00
Crumbed chicken, cheese, lettuce and tomato with mayo	
Fish Burger	\$6.00
battered fish, cheese, lettuce and tomato with mayo	
Veggie Burger	\$4.50
Veggie patty, lettuce, tomato and cheese with garlic aioli	



Thursday

Seafood Box	\$6.00
Battered fish, wedges and corn cob	
Finger Lickin' Chicken Box	\$5.00
Crumbed chicken tender, wedges and corn cob	
Veggie Box Veggie bites, wedges & corn cob VG GF	\$5.00

Friday



Mini pizza, garlic bread and juice box HM	\$7.50
Toasty Meal Deal	\$7.50
Toasted sandwich, healthy snack and juice box	
Snack options watermelon, fruit salad, popcorn or surprise muffin	

Gluten free **GF** Homemade **HM**
Vegan **VG** vegetarian **V**
For **GF/DF** options please contact tuckshop

Budget Buster Meal Deals

Available Everyday

Sandwich Bento Box	\$5.00
Basic sandwich (vegemite, jam, honey or cheese), popcorn, fruit bag, small water or small plain milk	
Snack Pack	\$5.00
Squeezy yoghurt, popcorn and flavoured milk GF	
Hot Box	\$5.00
3 chicken nuggets, mini corn cob, broccoli and carrot	



Summer Special Available Term 1

Cold Chicken Caesar wrap or bowl	
Chicken, bacon, egg, lettuce, cheese and Caesar sauce	
Wrap	\$6.50
Salad bowl - kid size	\$6.50
Salad bowl - adult size	\$10.00
Fritters - silverside with peas, corn and carrot HM	\$1.50

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Hot Food

Mac and cheese MH V	\$4.50
Twisty pasta HM	\$5.00
Fried rice HM V GF	\$4.50
add 3 nuggets	\$3.00
Quiche MH	\$4.50
Zucchini slice HM GF	\$4.00
Lasagne	\$5.50
Hotdog add cheese 50c	\$4.00
Party pies	\$1.50
Sausage roll	\$3.50
Traveller pie	\$4.50

Icy Treats



Quelch or Zooper Dooper GF V	50c
Frozen juice cups GF V	\$1.00
Apple, orange, apple/blackcurrant	
Dixie cup	\$1.20
Snappy	\$1.20
Calippo DF GF	\$1.50
Lemonade Icy Twist DF GF	\$2.00
Raspberry Swing DF GF V	\$2.00
Slushy DF GF V	\$2.00
Paddle pop – chocolate or rainbow	\$ 2.50
Chocolate Swing GF	\$2.50
Frozen Twisty Yoghurt	\$2.50
Choc/vanilla or watermelon/mango	
Frozen mango cup DF GF VG	\$4.00



Healthy Snacks



Slinky apple GF VG	\$1.50
Fruit salad GF VG	\$2.50
Watermelon GF VG	\$2.50
Carrot sticks GF V	80c
add dip	\$1.00
Boiled egg GF V	\$1.20
Corn cob GF VG	\$1.00
Squeezy yoghurt	\$2.00
Fresh cooked popcorn GF V	\$1.00
Cobs popcorn packet – sweet and salty GF	\$1.20
Red Rock chips – honey soy or plain	\$2.00
Pretzels	\$1.20
Mini Bites – chicken or cheese GF	\$1.20
Grazing box GF	\$3.50
Ham, cheese, carrot sticks, dip and crackers	
Veggie grazing box GF V	\$3.50
Cucumber, cherry tomatoes, carrot sticks, cheese, dip and crackers	
Sao – vegemite	\$1.00
Sao – vegemite and cheese	\$1.50
Sao – cheese and tomato	\$1.70
Pikelets HM	\$2.00
jam, jam & butter or butter only	
Chocolate chip cookie	\$1.00
Mini choc muffin HM	\$1.00
Fruit muffin – banana or blueberry	\$2.50
Milo snack	\$2.80



Drinks



Bottled water (small) 250ml	\$1.50
Bottled water 600ml	\$2.00
Bottled water (large) 1.5L	\$3.50
Plain milk 150ml	\$1.30
Juice box 250ml	\$2.00
Apple, apple/blackcurrant, tropical	
Breaker popper 250ml	\$2.40
Chocolate, strawberry, vanilla	
Flavoured milk 300ml	\$2.60
Chocolate, strawberry	
Fresh juice 300ml	\$2.60
Apple, orange	
Lactose-free plain milk	\$2.50
Lactose-free chocolate milk	\$3.50

Pizza



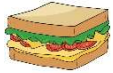
Cheese V	\$4.00
Ham and cheese	\$4.50
Hawaiian	\$4.50
BBQ chicken	\$4.50

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Wraps



Chicken Tender Wrap	\$5.00
Crumbed chicken, lettuce, tomato, mayo add cheese 50c	
Fish Wrap	\$6.00
Battered fish, lettuce, tomato, mayo add cheese 50c	
Beef Burrito	\$5.00
Beef, cheese, rice and hidden veggies HM	



Sandwiches

Vegemite, jam, honey	\$2.50
Cheese or Vegemite and cheese	\$3.00
Ham	\$3.50
Ham & cheese	\$4.00
Ham, cheese and tomato	\$4.50
Chicken	\$4.00
Chicken and cheese	\$4.50
Egg or curried egg	\$3.50
Egg and lettuce or curried egg and lettuce	\$4.00
Salad sandwich	\$5.00
Ham or Chicken and salad	\$5.50
Salad: Cheese, lettuce tomato, carrot, cucumber and beetroot	



Toasties

Vegemite, jam, honey	\$3.00
Cheese or Vegemite & Cheese	\$3.50
Ham or chicken	\$4.00
Ham or chicken and cheese	\$4.50
Ham, cheese and tomato	\$5.00
Ham and cheese pocket	\$4.50

Salads



Kid Salad Bowl	\$4.50
lettuce, tomato, carrot, cucumber, beetroot, cheese with your choice of dressing	
Adult Salad Bowl	\$7.00
lettuce, tomato, carrot, cucumber, beetroot, cheese with your choice of dressing	
Your choice of mayo, garlic aioli, sweet chilli, French or Italian dressing	
Add ham, chicken or tuna	\$1.70
Add egg	\$1.20

Tuckshop Opening hours

Monday – Friday

8.15am – 1.45pm

1st break 11.30am

2nd break 1.40pm

Order via Flexischools app (preferred and easiest way) before 8.30



Orders can be placed at tuckshop counter between 8.15 – 9am
EFTPOS or cash facilities are available

Late orders will be accepted via Flexischools app until 9.30 with limited menu available

Volunteers

If you have an hour or two spare, we would love your help. Volunteers' hours and duties are flexible. You may wish to help out one day a week or fortnight, perhaps you can stay until first lunch break or just an hour in the morning to place Flexischools stickers on the bags.

Any help you can give would be appreciated.

**** IMPORTANT** all volunteers to the school must sign in & out at the school office and must hold a current WWC Blue Card – free for volunteers and we can help you apply for one