

Sandwiches – high fibre

Must be pre-ordered/available daily both breaks

Ham or Chicken or Egg A	\$ 3.90
Ham or Chicken with Cheese A	\$ 4.20
Ham or Chicken with Cheese & Tomato	\$ 4.50
Chicken, Cheese & Onion G	\$ 4.50
Ham or Chicken or Egg & Salad	\$ 4.80
Vegemite A	\$ 2.50
Vegemite and Cheese G	\$ 3.50
Cheese G	\$ 3.00
Egg & Lettuce G	\$ 4.10
Salad G	\$ 3.90

Toasted extra 50 cents

Gluten free toasties extra \$1.00



Wraps - Wholegrain

Must be pre-ordered/available daily both breaks

Chicken or Ham or Tuna or Turkey or Roast Beef & Salad G	\$ 4.80
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Salad Bowls

Must be pre-ordered/available daily both breaks

Salad Bowl with dressing G	\$ 3.90
Ham or Chicken or Tuna & Salad Bowl G	\$ 4.90

Salad dressing 99% fat free Italian or Balsamic

Extras

Sauce, Tomato/BBQ or Mayo A	\$ 0.30
Paper bags/Plastic Spoon/Fork/Knife	\$ 0.10
Soup (Winter only-See blackboard)	advised

Smart Choices Codes:

G (Green - Have plenty) A (Amber – Select carefully)

EVERY DAY - FIRST BREAK ONLY by order only

Chicken Nuggets (3) A	\$ 2.50
Chicken Nuggets (6) A	\$ 4.50
Cheesy Chicken Balls (3) (home-made) G	\$ 2.50
Good Eating Cruiser Pie A	\$ 4.00
Potato & Bacon Bake with side salad A	\$ 4.00
Chilli Chicken Wrap A	\$ 4.90

(Chicken Tender with lettuce, cheese, tomato & Mayo)

Daily Specials - FIRST BREAK ONLY

Must be pre-ordered

Specials ONLY available on days specified

Monday & Tuesday

Pasta Bolognese A	\$ 4.00
Chicken and gravy roll A	\$ 3.80
Mini Pizza (BBQ Chicken or Hawaiian) A	\$ 4.00

Meal Deal – Pasta Bolognese, garlic bread & popper \$6.50

Wednesday & Thursday

Fried Rice w/egg & vegies – gluten free A	\$ 4.00
Chicken Fillet Burger A	\$ 4.80

(lettuce cheese, mayo)

Beef & Cheese Burger w/sauce A	\$ 4.80
Full salad added to burgers	\$ 0.50
Shepherds Pie A	\$ 4.50

Meal Deal - Any burger plus 300ml flavoured milk (please specify) \$6.50

International Friday

Nachos (Mexican mince, cheese, pita chips) A	\$ 4.00
Rice Paper Rolls (2pack) G	\$ 4.80

(Chicken-teriyaki or gluten free sweet chilli & salad vegies)

Hot Dog/Cheddar Dog A	\$ 3.70
Mini Pizza (BBQ Chicken or Hawaiian) A	\$ 4.00

Meal Deal - Hot Dog, Fruit Salad Tub & Water \$6.50

Daily Food & Snacks- Available Both Breaks

Sausage Roll (healthy choice) A	\$ 3.00
Spinach, Pine Nut & Ricotta Roll A	\$ 2.50
Pikelets (2) (plain/butter/butter & Jam) A	\$ 2.00
Apple Slinky G	\$ 1.20
Cookie (gluten free) A	\$ 1.00
Banana Bread (Vegan) A	\$ 1.50
Garlic Bread A	\$ 2.00
Muffin of the day A	\$ 2.00
Fruit Salad Cup (seasonal fruit) G	\$ 2.00
Fruit & Yoghurt Tub (seasonal fruit) G	\$ 2.50
Boiled Egg G	\$ 1.00
Corn on the cob G	\$ 2.00

Treats

Ice Blocks (limit 1 per person) A	from \$ 0.70
Vanilla Yoghurt G	\$ 2.20
Frozen Yoghurt (Mango/Straw/Rasp) G	\$ 2.00
Popcorn A	\$ 1.00
Pretzels A	\$ 1.00
Noodle Snacks (Chicken/BBQ) A	\$ 1.00
Corntos Tangy BBQ/Cheese A	\$ 1.20
Rice Sticks Vege/Cheese A	\$ 1.00

Drinks

Bottled Spring Water G	\$ 2.00
Milk – Plain 300ml G	\$ 1.50
Breaka Milk 300ml (Choc/Straw/Banana) A	\$ 2.30
Breaka Milk 250ml (Choc/Straw/Vanilla) A	\$ 2.00
Juice BOX (Orange/Apple/Blackcurrant/Tropical) G	\$ 1.80
Berri Juice Bottle (Apple/Orange) G	\$ 2.80
Smoothie (by order only-Banana/Blueberry)G	\$ 3.00

Heatley State School P&C

- The school Tuckshop is run by the P&C Association, therefore all profits earned goes directly to helping students
- We strive to bring your children a healthy range of reasonably priced food
- Menu items may be unavailable from time to time due to factors out of our control
- We do not offer credit

NUDE FOOD DAY – EVERY WEDNESDAY

Volunteering – A Rewarding Experience

Volunteers are an important part of our Tuckshop. It is a great place to catch up with others and contribute to the school and students love to see someone they know in the Tuckshop. If you can spare one day a week, fortnight or even a month, we NEED you!!

The work is easy and involves salad preparation, sandwich making, putting orders in bags and some light washing up. With a friend it takes half the time.

Our busiest time is in the morning from 9.00 – 11.30am. Even 1 hour of your time helps out a lot.

If you are able to help out please contact the Tuckshop: 47 595 313

Smart Choices Codes:

G (Green - Have plenty) **A** (Amber – Select carefully)

How to Order

Using a suitably sized paper bag, clearly write the following:

- Name
- Class
- Which Break – 1st or 2nd (Separate bag for each break please)
- Food/Drink items
- Total cost of order and how much enclosed

Add 10c extra if you cannot provide a paper bag. Please try to enclose correct money as only a small amount of change is carried in the tuckshop.

Your child will need to place their orders in the Tuckshop Box in their classroom before 9.00am. Late orders will be at the discretion of the convenor.

Please DO NOT USE sticky tape or staples.

Daily Specials are only available at 1st Break and ONLY on the days specified.

Tuckshop Trading Hours

Monday – Friday 8.00am to 2.00pm

Please note trading hours and food/drinks may change without notice. Any price changes will be placed in the school newsletter and on noticeboard.



Tuckshop Menu Sem 1 T2 – 2017

We are a Smart Choices Tuckshop

