



## DAILY DELIGHTS

Available only on the days specified .....

### marvellous MONDAY

**TWISTED BOLOGNAISE** □ - Spiral shaped pasta served with homemade beef bolognaise sauce & sprinkled with cheese **\$4.50 small**  
**\$6.00 large**   Vegetarian or Gluten Free option also available)

### terrific TUESDAY

**CHICKEN SCHNITTY BURGER** □ — baked crumbed chicken breast with lettuce, tomato & mayo in a soft bun **\$5.00 ea**

### woohoo WEDNESDAY

**PIZZA JAFFLES** □ - homemade. Choose from **HAWAIIAN** (ham, cheese & pineapple) or **SUPREME** (ground beef, olives, ham, cheese & pineapple) also contains pizza sauce **\$4.50 ea**


### thrilling THURSDAY

**U BEAUT MEAT PIE** □ — Mrs Mac's lite Beef pie Cruiser **\$4.00**

### fantabulous FRIDAY BEST BARBIE BURGERS (b3)...


**HAMBURGER** □ — homemade beef pattie with lettuce, tomato & tomato sauce on a soft bun ..... **\$5.00**


**mini CHEESEBURGER** □ — homemade beef pattie with cheese & lettuce & tomato sauce on a small soft bun ..... **\$4.50**


**VEGEBURGER** □ — homemade chickpea & veggie pattie with lettuce, tomato & tomato sauce on a soft bun .....  **\$5.00**


## Feeling HOT HOT HOT

**CORN COB** □ .....  **\$1.50**

**FALAFEL WRAP** □ falafels + lettuce, tomato & carrot in toasted pita wrap with BBQ or Sweet Chilli sauce.....  **\$4.50**


**MACARONI CHEESE** □ homemade .....  **\$4.50**

**PASTITSIO** □ homemade . Pasta & bolognaise pie topped with béchamel sauce .....  **\$5.00**

**PIZZA—Cheese** □ homemade .....  **\$3.80\***

**PUPPY DOG** □ (½ hot dog 97% fat free, with tomato sauce) **\$2.50**


**SAUSAGE ROLL** □ Low fat 'kool skool' ..... **\$3.50**


**SPINACH & CHEESE ROLL** □ homemade Baked roll with ricotta, feta cheese & spinach .....  **\$3.50\***

**Gluten Free SPINACH & CHEESE ROLL**  >>>>>>>>>> **\$4.00**

SAUCES AVAILABLE: BBQ—TOMATO - SWEET CHILLI- GRAVY **\$0.30ea**

## ALL WRAPPED UP

Sandwiches & Wraps available for 1st or 2nd lunch. Sandwiches made with 1 slice white & 1 slice multigrain bread unless otherwise ordered.  Gluten Free pita bread also available @ 50c extra

**CHICKEN** (hot or cold) □ ... (Halal).....  **\$ 5.00**

**ROAST BEEF** cooked on site (hot or cold) □ ..... **\$ 5.00**

**HAM** □ ..... **\$ 4.00**

**TUNA** dolphin friendly □ ..... **\$ 3.00**

**CHEESE** grated  ..... **\$ 3.80\***

**CHEESE & SALAD**  ..... **\$ 6.30\***

**EGG** free range □ ..... **\$ 3.50**

**AVOCADO**  ..... **\$ 3.50**

**SALAD**  ..... **\$ 4.00**

**EXTRA FILLINGS FOR SANDWICHES** ..... At an extra charge


**LETTUCE-TOMATO-CARROT-BEETROOT-CUCUMBER** □... **\$0.50ea**

**OR SALAD (all of the above)** □ ..... **\$2.50**

**AVOCADO** □ ..... **\$2.00**


**CHEESE - BOILED EGG** □ ..... **\$1.00ea**

**PINEAPPLE** □. **\$0.50** / **GRAVY-MAYONNAISE-PICKLES** ... **\$0.30ea**

**TOASTING OF SANDWICHES or WRAPS**.....  **\$0.50**


## āBSALADly YUM

**'Grandé' LARGE SALAD** □ —Beef or Chicken or Tuna or Ham plus Salad Vegies, cheese, egg, pineapple & bread ..... **\$8.50 ea**


**'Xiào' SMALL SALAD** □ —Salad vegies + cheese, egg, pineapple & bread .....  **\$6.00 ea**

**'Bellissimo' CHICKEN CAESAR SALAD** □ ..... **\$6.00**

Chicken, lettuce, ham, cheese & croutons with lite dressing >>> with egg .....\$1 extra <<<<

**'Opa' GREEK SALAD** □ .....Lettuce, tomato, cucumber, feta cheese, olives + Greek dressing **\$6.00** 

**'G'Day' GARDEN SALAD** □ ..... **\$4.50**

Lettuce, tomato, cucumber & carrot with lite Italian dressing 

## SNACK ATTACK

Fresh APPLES or ORANGES □ ..... **\$1.50**

**FRUIT SALAD** □ freshly cut (in a tub)..... **\$4.50**


**CARROT STICKS** □ freshly sliced & bagged . **\$1.50**

**DIPPITY STICKS** □ carrots & hummus dip.. **\$3.00**

**Greek YOGHURT** □ Vanilla or Strawberry .. **\$2.00**

**CHEESE 'n CRACKERS** □ ..... **\$2.00**

**Boiled EGG** □ ..... **\$1.00**

**RICE PUDDING** □ homemade.....  **\$4.00**  
Plain or with Cinnamon

## THIRST BUSTERS


**WATER** □ —bottled—600ml ..... **\$2.00**

**MILK** □ —plain—200ml ..... **\$1.50**

Flavoured 'Breaka' MILK □ —  ..... **\$2.30 \***

**100% FRUIT JUICE 'Popper'** □ - 250ml .. **\$2.00**

## GOT THE MUNCHIES

**MUFFINS** □ homemade .....  **\$2.80 \***  
Banana or Blueberry

**POPCORN** □ ..... **\$0.50**

**AVAILABLE 2nd LUNCH ONLY.**

**PIKELETS** □ homemade ..... **\$0.50**  
Plain or Strawberry

**BLISS BALLS** □ homemade using dates, coconut, weet bix & Cocoa (2 per pack) **\$1.00**

## IT'S A LITTLE CHILLY

**AVAILABLE 2nd LUNCH ONLY**

**FROZEN YOGHURT** □ ..... **\$2.50ea**

Strawberry /Vanilla or Choc/Vanilla \*

**WATER ICES** □ ..... **\$0.50ea**

**CALLIPO** □ ..... **\$1.50ea**

**Lemonade ICY TWIST** □ ..... **\$1.70ea**

**Rainbow PADDLE POP** □ ..... **\$2.00ea\***

**TERM 2 AUTUMN SPECIAL**  
**\$2.50**  
**YOBBERRY CRUNCH**  
 MADE FRESH, WITH YOGHURT, STRAWBERRY COULIS & MUESLI 





# W.E.S.S TUCKSHOP menu

### TUCKSHOP HOURS

OPEN—8:00AM to 1:35PM  
MONDAY to FRIDAY

All profits from this tuckshop go back to your school.

Our menu is based on the guidelines set out by the Queensland Government's Smart Choices Program

### ALLERGIES

If you have concerns regarding the nature of your child's food allergies, please come and see us at the tuckshop, so that we can monitor the food that is sent out.

### VOLUNTEERS WELCOME

If you can spare a couple of hours either weekly, fortnightly or monthly, we would appreciate your help. Come on in and join our friendly team. Phone us or call into our tuckshop.

### ORDERING SYSTEM

You can order and pay online at

[www.flexischools.com.au](http://www.flexischools.com.au)

Separate orders for 1st and 2nd lunch please

**ORDER BY 8:30am ONLINE**

Alternatively, If you have any issues with online ordering, visit the tuckshop counter before 8:30am

### Forgotten Lunch ?

From time to time, children may forget to bring their lunch to school. If they do, our tuckshop is happy to provide your child with lunch (usually a sandwich). A note is sent home with your child informing you of the amount owed to the tuckshop. In this instance, prompt payment the next school day would be appreciated. You can call us on 30108201 to make a credit card payment.

Thank you.

### Notations:



VEGETARIAN



GLUTEN FREE



HALAL



PRICE INCREASE

**GREEN** :- 'HEALTHIER OPTION' \*EXCELLENT SOURCES OF IMPORTANT NUTRIENTS  
LOW IN SATURATED FAT &/OR SUGAR & SALT.

**AMBER** :- \* HAVE SOME NUTRITIONAL VALUE. \*HAVE MODERATE AMOUNTS OF SATURATED FAT &/OR SUGAR & SALT.

a **WESS P&C Service**

**ORDER & PAY ONLINE**  
[www.flexischools.com.au](http://www.flexischools.com.au)

