

DAILY DELIGHTS

Available only on the days specified

marvellous MONDAY

TWISTED BOLOGNAISE □ Spiral pasta served with homemade beef bolognese sauce, sprinkled with cheese **\$4.50 small**
(Vegetarian & Gluten Free options available) **\$6.00 large**

terrific TUESDAY

FAB FRIED RICE □ Rice, Ham, Egg and Vegetables **\$4.50 small**
\$6.00 large

woohoo WEDNESDAY

Winner Winner BUTTER CHICKEN Dinner □ **\$4.50 small**
homemade creamy, mild chicken curry served with rice **\$6.00 large**


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**


CHEESEBURGER □ homemade beef pattie with cheese, lettuce & tomato sauce on a soft bun **\$5.00**

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

Feeling HOT HOT HOT

CORN COB □  **\$1.50ea**

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 & bolognese pie topped with béchamel sauce **\$5.50**

PIZZA—Cheese □  homemade **\$3.80**

PUPPY DOG □ (½ hot dog 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**

SPINACH & CHEESE ROLL □  homemade **\$4.00**

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

ALL WRAPPED UP

Sandwiches & Wraps available 1st & 2nd lunch.

Sandwiches made with 1 slice white & 1 slice multigrain bread unless otherwise ordered.  Gluten Free pita bread available @ 50c extra.

CHICKEN □ (hot or cold) **\$5.00**

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

HAM □ **\$4.00**

TUNA □ **\$3.00**

CHEESE *grated* □  **\$3.80**

CHEESE & SALAD □  **\$6.30**

EGG □ **\$3.50**

AVOCADO □  **\$3.50**

SALAD □  **\$4.00**

EXTRA Sandwich Fillings:

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**



abSALADly YUM

'Grandé' LARGE SALAD □ **\$8.50ea**

Beef or Chicken or Tuna or Ham plus Salad Veggies, cheese, egg, pineapple & bread

'Xiào' SMALL SALAD □  **\$6.00ea**

Salad veggies + cheese, egg, pineapple & bread

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

Chicken, lettuce, ham, cheese & croutons with lite dressing (egg = \$1 extra)

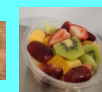
'Opa' GREEK SALAD □  **\$6.00**

Lettuce, tomato, cucumber, feta cheese, olives + Greek dressing

'G'Day' GARDEN SALAD □  **\$4.50**

Lettuce, tomato, cucumber & carrot with lite Italian dressing

SNACK ATTACK



APPLES or ORANGES □ fresh fruit **\$1.50**

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

CARROT STICKS □ freshly sliced (in a bag) **\$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**

MILK □ flavoured 'Breaka' **\$2.30**

JUICE □ 100% FRUIT JUICE 'Popper' (250ml) **\$2.00**



GOT THE MUNCHIES

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

POPCORN □ **\$0.50**

AVAILABLE 2nd LUNCH ONLY

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

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



IT's A LITTLE CHILLY

AVAILABLE 2nd LUNCH ONLY

FROZEN YOGHURT □ **\$2.50ea**

Strawberry & Vanilla or Chocolate & Vanilla

WATER ICES □ **\$0.50ea**

CALLIPO □ **\$1.50ea**

Lemonade ICY TWIST □ **\$1.70ea**

Rainbow PADDLE POP □ **\$2.00ea**





TUCKSHOP HOURS

8:00AM to 1:45PM
MONDAY to FRIDAY

MENU

- * Our menu is based on the guidelines set out by the **Queensland Government's Smart Choices Program**.
- * **ALLERGIES:** If you have any 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.

ORDERING

Order and pay online at



www.flexischools.com.au

- * **ORDER BY 8:30 AM**
- * Please place *separate orders for 1st and 2nd lunch*
- * Any issues with online ordering, visit the tuckshop counter before 8:30am

Forgotten Lunch?

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 would be greatly appreciated. You can call us to make a credit card payment.

VOLUNTEERS

Come and join our friendly volunteer team! Contact us by phone (3010-8201), email (tuckshop@wesspandc.org) or visit us at the tuckshop.

Menu Notations:



VEGETARIAN



GLUTEN FREE



HALAL

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

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



TUCKSHOP MENU

**TERM 3
JUL-AUG-SEP
2023**

Our Tuckshop is located in O Block (under the PAC). It is operated as a service to families and all profits go back to the school.

Phone: (07) 3010 8201
Email: tuckshop@wesspandc.org

P&C ASSOCIATION
WEST END STATE SCHOOL

TUCKSHOP

