



DAILY DELIGHTS

Available only on the days specified

marvellous MONDAY

TWISTED BOLOGNAISE □ - Spiral shaped pasta served with homemade beef bolognese sauce & sprinkled with cheese   Vegetarian or Gluten Free option also available)

*
\$4.50 small
\$6.00 large

terrific TUESDAY

FAB FRIED RICE □ — made with Ham, Egg, Rice and Vegetables

*
\$4.50 small
\$6.00 large

woohoo WEDNESDAY

Winner Winner BUTTER CHICKEN Dinner □ - homemade creamy, mild chicken curry served with rice

*
\$4.50 small
\$6.00 large

thrilling THURSDAY

U BEAUT MEAT PIE □ — lite Beef pie Cruiser

\$3.80 *

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 □ 

\$1.20ea

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

 \$5.00*

PIZZA—Cheese □ homemade 

\$3.30*

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

\$2.50*

SAUSAGE ROLL □ Low fat 'kool skool'

\$3.00*


SPINACH & CHEESE ROLL □ homemade Baked roll with ricotta, feta cheese & spinach

 \$3.30*

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) □ \$ 5.00*

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

HAM □ \$ 4.00*

TUNA dolphin friendly □ \$ 3.00

CHEESE grated  \$ 3.50

CHEESE & SALAD  \$ 6.00*

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

abSALADly 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 . \$1.00

DIPPITY STICKS □ carrots & hummus dip.. \$2.50 *

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

CHEESE 'n CRACKERS □..... \$2.00 *

Boiled EGG □ \$1.00

RICE PUDDING □ homemade.....  \$3.50 *
Plain or with Cinnamon

THIRST BUSTERS


WATER □ —bottled—600ml \$2.00

MILK □ —plain—200ml \$1.50

Flavoured 'Breaka' MILK □ —  \$2.00

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

GOT THE MUNCHIES

MUFFINS □ homemade  \$2.50 *

Banana or Blueberry

POPCORN □..... \$0.50

AVAILABLE 2nd LUNCH ONLY.

PIKELETS □ homemade \$0.50

Plain or Strawberry

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

IT'S A LITTLE CHILLY

AVAILABLE 2nd LUNCH ONLY

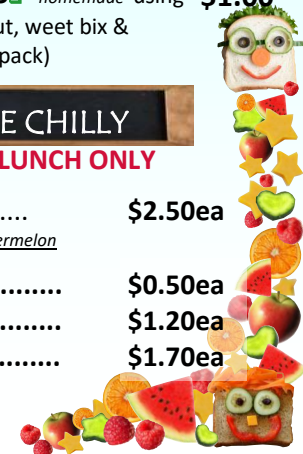
FROZEN YOGHURT □ \$2.50ea

Strawberry /Vanilla or Mango/Watermelon

WATER ICES □..... \$0.50ea

CALLIPO □..... \$1.20ea

PADDLE POP □..... \$1.70ea





KURILPA KANTEEN

tuckshop menu

JULY-AUG-SEPT 2022

ph: 30108201

a WESS P&C Service

ORDER & PAY ONLINE
www.flexischools.com.au

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

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.

