

# TUCKSHOP MENU 2023 - Term 1 & 4



**OPEN: TUESDAY, WEDNESDAY, THURSDAY & FRIDAY.** Phone via the School Office [3712 9888]

during tuckshop contact hours: 8:00am to 2.30pm **Tuckshop Coordinator: Bec Ham** E: tuckshop@mpsspnc.com

Please order via our online ordering system **FLEXISCHOOLS**, eftpos is also available for our families.

We currently are still **NOT accepting cash** at Tuckshop. When you see this symbol "♥" on the menu it means the item is handmade for you in our tuckshop. \*T Item available on Tuesday for our great but limited menu.

## BRAINFOOD & FRUITBOWL

Available 1st & 2nd break by order only.

### ♥ VALUE SNACK PACKS:

GRAZE - pikelet, grapes, jatz & cheese	3.00
NIBBLE - choc muffin, apple, jatz & cheese	3.20
NOURISH - blissball, 1/2 boiled egg, cherry toms & cheese	4.00

♥ **POWER PUNCH:** boiled egg, ham, cheese, cucumber & carrot sticks. 3.50

♥ **ENERGY BLISS BALL:** (G.F) T 2.50

Delicious chocolate balls made on dates, cocoa nibs, coconut, puffed rice, cocoa, hemp seed & coconut oil.

### ♥ YOGIE POTS:

Vanilla 2.50	Blueberry OR Apple & oatly crumble	3.30
APPLE 2.30		

♥ **ORANGE CUP** T 2.80    ♥ **WATERMELON CUP** T 2.80

♥ **LAYER MIXED CUP** Orange, watermelon & grapes T 3.00

## SNACKBAR Available 1st & 2nd break by order only.

♥ **CHEESE & JATZ** T 1.30    ♥ **BOILED EGG** T 1.50

♥ **CARROT STICKS** T 0.90    ♥ **MINI MUFFIN** (Choc) 1.30

♥ **PIKELETS (2)**, with butter 1.30    butter & jam 1.50

♥ **CHOC CHIP MUESLI BAR** 2.80

**TWISTED FROZEN GREEK YOGHURT** T 3.30

Strawberry & vanilla flavour

## 1st BREAK Available by order only.

♥ **GARLIC BREAD:** plain 1.80    with bacon 2.80

♥ **CHICKEN SQUISHIE** T 4.50  
(a wrap filled & toasted with chicken, mayo & cheese)

♥ **MEXICAN SQUISHIE** 4.50

(a wrap filled & toasted with Mexican beef, refried beans & cheese)

♥ **TURKISH PIZZA MELTS (GF option for base if required):** 4.50  
Cheesy Chicken or Hawaiian Ham or Just Cheddar or Roast Veg

♥ **CHEESY MACARONI MUFFIN** T 2.50

♥ **CHICKEN CROQUETTES** (Limited supply) 2.50

## 2nd BREAK Available by order only.

♥ **FRIED RICE** with bacon & egg 3.90

♥ **MACARONI:** plain 3.50    with bacon 4.30

♥ **BEEF BOLOGNESE:** plain 4.80    with cheese 5.10

These three items are only available on Tue, Wed & Thu.

**SAUSAGE ROLL** T Regular 4.50    Halal 5.30

**SAUCES:** Tomato, BBQ or Sweet chilli 0.45    Soy sauce 0.30

**BLACK CURRANT FROZEN JUICE CUP** T 1.30

## DRINKS Available 1st & 2nd break

**DAIRY FARMER'S FRESH MILK** (Chocolate or Strawberry) T 3.00

**SPRING WATER** T 1.50

**KRAZY LEMONS** (No colour, additives or concentrates) T 3.10

**POPPER JUICE 250ml** (Apple or Tropical) T 2.50

### NOTE:

We are allergy aware at Tuckshop.

You can order your allergy alert order only via **FLEXISCHOOLS**. Please explore our Gluten free, Dairy free and no butter options. To start this order please select our 'Allergy alert' function and follow with your selection.

Please don't hesitate to make contact to discuss any of these available choices.

Honey and Honeycomb



www.honeyandhoneycomb.com.au

**Rueban & Ketura Ellison's**  
**Honey & Honeycomb \$21**  
**Honey \$18**

Delivered to classroom or pick up from tuckshop.

Order via paper bag or Flexischools.

## SANDWICH BAR

Available 1st & 2nd break by order only.

- Choose from white, wholemeal or grain bread.
- Sandwich toasting available for an additional 30¢.
- Salad is lettuce, carrot, cucumber & tomato.
- Protein choices are ham, chicken or egg.
- All sandwiches are lightly buttered.

**VEGEMITE, HONEY or TOMATO** 2.60

**CHEESE** 3.00

**HAM, CHICKEN or EGG** 3.80

**HAM & CHEESE** 4.50

**CHICKEN & CHEESE** 4.50

**SALAD SANDWICH** 5.00

**PROTEIN & SALAD SANDWICH** 6.00

## SALAD SHAKER BAR

Available 1st & 2nd break by order only.

Protein choices: Ham, chicken or egg.

Dressing choices: Caesar, honey & mustard mayo, sweet chilli & sesame.

### GARDEN SALAD:

Lettuce, snowpeas, cucumber, carrot & tomato plus dressing.

Salad only: Regular size 6.00    Mini size 4.00

With protein: Regular size 7.00    Mini size 4.50

### COLOUR ME A RAINBOW:

Lettuce, snow peas, cucumber, carrot, tomato, capsicum, crunchy noodles & red cabbage plus dressing (recommend sweet chilli & sesame with this one).

Salad only: Regular size 7.00    Mini size 4.50

With Protein: Regular size 8.00    Mini size 5.00

**CHICKEN LICKEN CAESAR** with crunchy croutons, lettuce, cheese, egg, chicken, carrot, cucumber, snowpeas & Caesar dressing.

Regular size 8.00    Mini size 5.00

### EXTRAS FOR SANDWICHES & SALAD SHAKERS

Tomato 20¢    Roast pumpkin 1.00    Avocado 1.00    Cheese 50¢

## SPECIALS Available by order only.

### TUESDAY

♥ **TUFFIN** (1st break) 4.80

Freshly poached egg with bacon, cheese, BBQ sauce on a toasted English muffin.

♥ **HOT DOGS** (2nd break) plain 4.30

or with cheese 4.80

### WEDNESDAY

♥ **CHICKEN PASTA BAKE** (2nd break) 4.80

Loaded with yummy goodness.

### THURSDAY

♥ **CHICKEN RICE PAPER DUMPLINGS** (1st break) 3.00

Chicken with ginger, garlic and yummy greens. or 2 for 5.50

♥ **CHICKEN BURGER** (2nd break) 5.80

Fresh Fresh bread roll stacked with lettuce, tomato, carrot, cheese, crunchy chicken patty and mayo.

### FRIDAY

**1st Break:**

**CHICKEN FINGERS** 3 fingers 3.20    6 fingers 4.70

### 2nd Break:

♥ **SUSHI:** Made to order in house especially on Fridays 3.90

Teriyaki Chicken (GF) or Tuna & Cucumber (GF) or

Tuna & Avocado (GF) or Avocado (GF) (Vegetarian).

**PIZZA IN A HURRY** (delivered fresh in individual boxes-2 slices) 4.50

Supreme chicken, Vegetarian, Hawaiian or Cheese.

**\*\* Introducing extra weekly specials available on Flexischools. \*\***