



2017 Tuckshop Menu

Tuckshop Procedures

The tuckshop operates Thursday and Friday, or Wednesday when Friday is a Public Holiday.

Online

Preferred method of ordering and payment is Qkr. This app can be downloaded on your mobile phone.

Manual Order

Example of Tuckshop ordering:

Luizia March – 3 GOLD	
Big Lunch	
Lasagne	\$3.50
Choc Breaka	<u>\$2.25</u>
	\$5.75
\$6.00 enclosed	

Luizia March – 3GOLD	
Afternoon Tea	
Muffin	\$2.30
Apple Juice	<u>\$2.10</u>
	\$4.40
\$5.00 enclosed	

One order per bag e.g. One bag for lunch 1 and one bag for lunch 2. Preferably, each child should have their own lunch bag/s. If unable to supply a paper bag, please allow 10c for a bag. For safety & health, reasons **please DO NOT USE STAPLES**.

Tuckshop Menu Glossary

Hot Dog:	Long bread roll, continental frankfurt & sauce.
SOS Burger:	Long bread roll, lettuce, sliced cheese, lite mayo & 3 x (tempura batter) chicken nuggets.
Junior Burger:	Round bread roll, slice cheese, fat free char grilled meat pattie & sauce.
Mini Pizza:	McCain's Pizza – ham, pineapple & cheese.
Sandwiches:	Made to order on white, wholemeal or multi grain bread, with or without butter.
Toasted Sandwiches:	Made to order white, multi-grain, or wholemeal bread.
Salad Roll:	Long bread roll, ham or chicken, lettuce, cheese, tomato, beetroot, carrot & alfalfa.
Lavash:	Lavash bread, lettuce, carrot, tomato, cheese, mayo, chicken or Ham.
Chicken Wrap:	Tortilla wrap, lettuce, grated cheese, chicken tenderloin, salsa/mayo (optional).
Meat Pie & Mini Pie:	Meat pie - low fat pie made for schools.
Salad Box:	Lettuce, tomato, carrot, grated cheese, beetroot, egg
Ham/Chicken Box:	Lettuce, tomato, carrot, grated cheese, beetroot, egg alfalfa, chicken/ham, ½sl bread & sachet dressing.
Chocolate-Chip Muffin:	Sara-Lee double chocolate chip muffin (for Schools).

Smart Choices - What the colour coding signifies

Green	These foods should be encouraged & are the best choices for a healthy diet.
Amber	These foods should be selected carefully and chosen occasionally.
Red	These foods are higher in fat / or sugar and should be limited to very occasional choices. (As per QLD government guidelines.)
LF	Low Fat.
GF	Gluten Free

(For more information, visit www.health.qld.gov.au)

2017 Star of the Sea Primary School Tuckshop Menu

Hot Food

Meat Pie (LF)	\$3.50
Mini Pie (lite) (LF)	\$1.10
Sausage Roll (LF)	\$3.00
Hot dog & sauce	\$3.00
½ Hot Dog	\$1.50
Lasagne	\$3.50
Mini Pizza Ham & Pineapple	\$2.20

SOS Burger	\$3.50
Junior Burger	\$3.50
Chicken Nuggets	\$0.80
Chicken Tenderloin	\$1.60
Mini Dagwood Dog	\$2.30
Chicken Wrap	\$3.80
Tomato sauce sachets	\$0.30

Sandwiches Toasted 20c extra

White / Wholemeal / Multigrain Bread

Egg	\$2.50
Egg/Lettuce/Mayo	\$3.00
Cheese	\$2.50
Vegemite	\$2.50
Salad	\$3.50
Ham	\$3.00
Ham & tomato	\$3.20
Ham cheese tom	\$3.50
Chicken	\$3.50
Chicken & salad	\$4.70
Ham & salad	\$4.50

Drinks

Breaka Choc 300ml	\$2.30
Breaka Straw 300ml	\$2.30
Long Life Van 300ml	\$1.60
Plain Milk 300ml	\$1.50
Bottle Water	\$1.70
Slushies- (99% fruit juice vita base)	
lime strawberry raspberry	\$2.50

Fruit Juice (99%)

Apple 350ml	\$2.50
Apple/Black/Currant 350ml	\$2.50
Tropical 250ml	\$2.10
Orange 250ml	\$2.10

Ice Blocks

Golden Circle - Fruit Ice Stick	
(99% fruit juice)	\$0.70
Icy Twist - Lemonade	\$1.50
Callipo Mini (Small)	\$1.00
Fandangle Ass Variety	\$1.00
Paddle-Pop Choc & Rainbow	\$1.50
Slushies- (99% fruit juice vita base)	
lime strawberry raspberry	\$2.50

Lunch Bags	\$0.10
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Rolls & Salads

Ham & salad	\$4.80
Chicken & salad	\$4.80
Salad	\$3.80
Lavash (Ham/Chicken)	\$4.50
Salad Box	\$3.80
Ham/Salad Box	\$4.80
Chicken/Salad Box	\$5.00

Cakes Biscuits Snacks

Sara Lee Choc chip Muffin	\$2.30
Cheese Stick (lite)	\$1.20
Gingerbread	\$2.30
Hello Panda Biscuit	\$1.00
Mousse (choc)	\$1.00
Jelly & Custard Cup	\$1.10
Jelly Cup (Strawberry)	\$1.10
Frozen Yoghurt	\$2.20

Chips

Soy Honey	\$1.20
Grain Wave	\$1.20
JJ's Pizza Chips	\$1.50
JJ's Chicken Chips	\$1.50
Smith's Plain	\$1.20

Gluten Free Options (GF)

Salad Box	\$3.80
Chicken Salad Box	\$5.00
Hot Dogs (nil bun)	\$1.50
Meat Pie GF	\$5.50
Sausage Roll GF	\$5.50
Jelly (Strawberry)	\$1.10
Mousse (Chocolate)	\$1.00