



# 2019 Tuckshop Menu

## Tuckshop Procedures

The tuckshop operates Thursday and Friday.

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>\$2.60</u>
	\$6.10
\$6.10 enclosed	

Luizia March – 3GOLD	
Afternoon Tea	
Muffin	\$2.30
Apple Juice	<u>\$2.80</u>
	\$4.80
\$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

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

### Smart Choices - What the colour coding signifies

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

(For more information, visit [www.health.qld.gov.au](http://www.health.qld.gov.au))

# 2019 Star of the Sea Primary School Tuckshop Menu

## Hot Food

Meat Pie (LF)	\$3.50	SOS Burger	\$3.80
Mini Pie (lite) (LF)	\$1.10	Junior Burger	\$3.80
Sausage Roll (LF)	\$3.00	Chicken Nuggets	\$0.80
Hot dog & sauce	\$3.50	Mini Dagwood Dog	\$2.50
½ Hot Dog	\$1.80	Chicken Wrap	\$3.80
Lasagne	\$3.50		
Mini Pizza Ham & Pineapple	\$2.50	Tomato/ BBQ sauce sachets	\$0.50

## Sandwiches Toasted 20c extra

White / Wholemeal / Multigrain Bread

Egg	\$3.00
Egg/Lettuce/Mayo	\$3.50
Cheese	\$2.50
Vegemite	\$2.50
Salad	\$4.00
Ham	\$3.00
Ham & cheese	\$3.50
Ham & tomato	\$3.50
Ham cheese tom	\$3.80
Chicken	\$3.50
Chicken & salad	\$4.80
Ham & salad	\$4.80

## Drinks

Breaka Choc 300ml	\$2.60
Breaka Straw 300ml	\$2.60
Long Life Van 300ml	\$1.80
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	\$2.80
Apple/Black/Currant 350ml	\$2.80
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
Paddle-Pop Choc & Rainbow	\$2.00
Cyclone	\$2.00
Slushies- (99% fruit juice vita base)	
lime strawberry raspberry	\$2.50

Lunch Bags \$0.10

## Rolls & Salads

Ham & salad roll	\$5.00
Chicken & salad roll	\$5.00
Salad roll	\$4.50
Lavash (Ham/Chicken)	\$4.50
Salad Box	\$4.00
Ham/Salad Box	\$5.00
Chicken/Salad Box	\$5.00

## Cakes Biscuits Snacks

Sara Lee Choc chip Muffin	\$2.30
Cheese Stick (lite)	\$1.20
Gingerbread	\$2.30
Choc Chip Cookies	\$1.50

Jelly & Custard Cup	\$1.50
Jelly Cup (Strawberry)	\$1.30

Frozen Yoghurt \$2.50

## Chips

Soy Honey	\$1.30
Grain Wave	\$1.30
Smith's Plain	\$1.30

## Gluten Free Options (GF)

Salad Box	\$4.00
Chicken Salad Box	\$5.00
Hot Dogs (nil bun)	\$1.50
Meat Pie GF	\$5.50
Sausage Roll GF	\$5.50
Jelly (Strawberry)	\$1.30
Mousse (Chocolate)	\$1.30