

TUCKSHOP MENU :: 2016

Orders must be received by 8.30am using Flexischools or 8:45am over the counter.

SANDWICHES

OPTIONS:

Select Bread -	White	-
	Wholemeal	-
Select Filling -	Vegemite	\$1.50
	Jam	\$1.50
	Honey	\$1.50
	Cheese	\$2.00
	Ham & cheese	\$2.50
	Ham, cheese & tomato	\$3.00
	Tuna, lettuce & tomato	\$3.00
	Salad (lettuce, tomato, carrot, cucumber)	\$3.00
	Chicken & cheese	\$2.50
	Chicken & salad	\$3.50
	Mayonaise20c

TOASTED SANDWICHES

OPTIONS:

Select Bread -	White	-
	Wholemeal	-
Select Filling -	Cheese	\$2.30
	Cheese & ham	\$2.80
	Cheese & tomato	\$2.80
	Cheese, ham & tomato	\$3.30
	Cheese & tuna	\$2.80
	Cheese & chicken	\$2.80
	Chicken	\$2.30
	Tuna	\$2.30
	Ham	\$2.30

OTHER HOT FOOD

Freshly baked garlic roll80c
Party Pies	\$1.20
Sausage roll	\$2.20
Tomato G/F or BBQ sauce sachet30c

PIZZA

ALL pizzas start with a base, home-made pizza sauce & cheese.
GLUTEN FREE pizza available, please specify when ordering.

Cheese	\$2.00
BBQ Chicken	\$2.50
Ham	\$2.50
Hawaiian (Ham & Pineapple)	\$3.00

HOMEMADE PASTA POTS

GLUTEN FREE pasta pots available, please specify when ordering.

Bolognaise (home made G/F)	\$3.50
Bolognaise & Cheese	\$3.80
Fresh poached Chicken & cheese	\$3.00
Ham & Cheese	\$3.00
Tuna & Cheese	\$3.00
Cheese	\$2.50

SUSHI & VIETNAMESE ROLLS

* THURSDAY ONLY *

FLEXISCHOOL ONLY. Orders MUST be received
BEFORE 10am WEDNESDAY

SUSHI

Avocado G/F	\$3.00
Smoked Salmon & Avocado G/F	\$3.00
Chicken Honey Soy	\$3.00
Tuna Mayo	\$3.00
Beef Teriyaki	\$3.00
Soy sauce sachet20c

VIETNAMESE ROLLS

Avocado & Lettuce G/F	\$3.00
Chicken Teriyaki	\$3.00

DRINKS

Bottled water G/F	\$1.00
Plain milk G/F	\$1.00
Just Juice popper G/F (apple, apple blackcurrant, orange, paradise punch)	\$1.50
Nudie whole juice poppers G/F	\$2.00
(apple, orange, tropical)	
Breaka milk (chocolate, strawberry, Vanilla) G/F	\$2.00
Sipahh Straws - come with 200ml fresh milk	\$1.50
(flavours - Okey Dokey Cookies and Cream, Hello Marshmallow, Chilled Out Choc Mint)	

SNACKS - Available for 2nd break only

Available from 1:30pm at the counter

Fresh Baked Goodies50c
Fresh fruit pot G/F50c
Popcorn G/F70c
Apple slinky G/F	\$1.00
Cheese N Crackers G/F	\$1.00
Custard Cups (with fresh seasonal fruit) G/F	\$1.00
Veggie Sticks in Hummus G/F	\$1.50
(carrot & cucumber sticks with fresh hummus)	
Nibble pack G/F	\$2.50
(carrot, cucumber, cherry tomato, rice crackers with fresh hummus)	
Hard boiled egg G/F	\$1.00

*Mini extras over the counter daily specials!!! Fun & creative snacks each day – all 50c or \$1. LIKE our Facebook Page for instant Specials & Updates!

SALAD BOX G/F

Rainbow Salad	\$2.50
Lettuce, carrot, cheese, cucumber, tomatoes	
Super Salad	\$4.00
Lettuce, tomatoes, carrot, cucumber, cheese & halved boiled egg	
Ham Salad	\$5.00
Lettuce, tomato, carrot, cucumber, cheese & halved boiled egg	
Chicken Salad	\$5.00
Lettuce, tomato, carrot, cucumber, cheese & halved boiled egg	

*Recycle refund! Bring back your container & lid undamaged and get 50c back for helping the environment! (applies to \$5.00 salads only).

FROZEN TREATS - Available for 2nd break only

Frozen juice cups G/F20c
TNT G/F.....	.80c
Paddle Pop (chocolate or rainbow flavour) G/F	\$1.80
Frozen yoghurt G/F	\$2.20
Lemonade Icy Twist G/F	\$1.20
Quelch Icy Poles (99% fruit juice) G/F50c

G/F = Gluten Free

*Please note that our menu always endeavours to use the healthiest ingredients available, including reduced fat meat and dairy products and free range eggs.

HOW TO ORDER

Flexischools is a quick and easy way to place your order online - remember before 8:30am for same day orders. Please log on to flexischools website for terms & conditions.

www.flexischools.com.au

Paper bags - Clearly mark child's name, class and the order with correct pricing. Place money in the bag and deliver to tuckshop before 8:45am.

LIKE US ON FACEBOOK

To keep up to date with all Tuckshop news and daily specials - Chapel Hill State School Tuckshop.

VOLUNTEERS ARE ALWAYS WELCOME

If you can spare time, we'd love to have you on board! Please drop by the Tuckshop to see Sally or email: chapelhilltuckshop@gmail.com

BAKING VOLUNTEERS

Love to bake? We welcome your skills - bake from home or in the Tuckshop. We have recipes and take-home packs. See Sally our Convenor, if you'd like to join our baking team!

For all Tuckshop information visit:
www.chsspandc.org.au

CHAPEL HILL STATE PRIMARY SCHOOL



Open Wednesday to Friday
from 8:30am to 2:00pm

2016