

TUCKSHOP MENU: 2018

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

SANDWICHES

OPTIONS:

Select Bread -	White	-
	Wholemeal	-
Select Filling -	Vegemite	\$1.70
	Jam	\$1.70
	Honey	\$1.70
	Cheese	\$2.20
	Salad (lettuce, tomato, carrot, cucumber)	\$3.20
	Ham, Chicken or Tuna	\$2.20
	Add cheese	50c
	Add tomato	50c
	Add Salad	\$1.50
	Mayonnaise30c
NEW WRAPS	Ham and Salad	\$3.70
	Chicken and Salad	\$3.70

TOASTED SANDWICHES

OPTIONS:

Select Bread -	White	-
	Wholemeal	-
Select Filling -	Cheese	\$2.50
	Ham & Cheese	\$3.00
	Cheese & tomato	\$3.00
	Ham, cheese & tomato	\$3.50
	Tuna & cheese	\$3.00
	Chicken & cheese	\$3.00
	Chicken	\$2.50
	Tuna	\$2.50
	Ham	\$2.50

Gluten free bread available 50cents extra

OTHER HOT FOOD

Vegetable Slice (hot or cold)	\$3.20
Freshly baked garlic roll	\$ 1.00
Party Pies	\$ 1.40
Sausage roll	\$2.40
Tomato G/F or BBQ sauce sachet	35c

PIZZA

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

Cheese	\$2.50
BBQ Chicken	\$3.20
Ham	\$3.20
Hawaiian (Ham & Pineapple)	\$3.70

HOMEMADE PASTA POTS

GLUTEN FREE pasta pots available, please specify when ordering.

Bolognese (home made G/F)	\$3.70
Bolognese & Cheese	\$4.00
Fresh poached Chicken & cheese	\$3.20
Ham & Cheese	\$3.20
Tuna & Cheese	\$3.20
Cheese	\$2.70
Mini Salad (mini tomatoes, cucumber, carrot)	60c

SUSHI & VIETNAMESE ROLLS
* THURSDAY ONLY *

ORDER ONLINE FLEXISCHOOLS.
Orders MUST be received BEFORE 10am WEDNESDAY

SUSHI

Avocado G/F	\$3.20
Smoked Salmon & Avocado G/F	\$3.20
Chicken Honey Soy	\$3.00
Tuna Mayo	\$3.00
Beef Teriyaki	\$3.00
Soy sauce sachet20c

VIETNAMESE ROLLS

Avocado & Lettuce G/F	\$3.20
Chicken Teriyaki	\$3.20

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 (apple, orange, tropical)	\$ 2.00
Breaka milk (Chocolate, Strawberry, Vanilla) G/F	\$ 2.00

SNACKS - Available for 2nd break only

Available from 1:30pm at the counter

Fresh Baked Goodies	\$1.00
Fresh fruit pot G/F	\$1.00 .70c
Popcorn G/F	\$1.20
Apple slinky G/F	\$1.00
Cheese N Crackers G/F	\$1.00
Custard Cups (with fresh seasonal fruit) G/F	\$1.50
Veggie Sticks in Hummus G/F (carrot & cucumber sticks with fresh hummus, plus mini tomatoes)	\$1.50
Hard boiled egg G/F	\$1.00

PLUS SEASONAL FRESH FRUIT

*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 BOXES G/F

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/F	20c
Smooze G/F	\$1.00
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/F	50c

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 Primary 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 Shaan 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 Shaan 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

2018

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.