



# CHAPEL HILL TUCKSHOP MENU 2019



## SANDWICHES, WRAPS and SALADS

Vegemite, Jam or Honey	\$1.70
Ham	\$2.20
Ham or chicken & cheese	\$2.70
Ham, cheese & tomato	\$3.20
Salad (lettuce, tomato, carrot, cucumber)	\$3.20
Salad	\$3.20
Ham or chicken & salad	\$3.70
plus Cheese	\$0.50
plus Mayonnaise	\$0.30
Wrap Ham or chicken & salad	\$3.70
Super Salad Box : lettuce, mini tomatoes, carrot, cucumber, cheese, egg with dressing	\$4.00
Super Salad Box with Ham or Chicken	\$5.00
Snack Box	\$4.00

Veggie sticks ,tomatoes, hommus, cheese, crackers and pretzels.

## TOASTED SANDWICHES

### OPTIONS:

<b>Select Bread -</b> Wholemeal	
White	
<b>Select Filling -</b> Cheese	\$2.50
Cheese & tomato	\$3.00
Chicken & cheese	\$3.00
Ham (no butter)	\$2.50
Ham & cheese	\$3.00
Ham, cheese & tomato	\$3.50
Gluten free bread available	\$0.50

## HOT FOOD

Sausage roll	\$2.40
Party pie	\$1.40
Garlic roll	\$1.00
Sauce	\$0.35

## PIZZAS (Available Wednesday and Friday)

All pizzas start with a pita base, pizza sauce and cheese

Cheese	\$2.80
Ham	\$3.30
Hawaiian (Ham & Pineapple)	\$3.90
BBQ Chicken	\$3.80

Gluten free base available

## PASTA POTS (Available Wednesday and Thursday)

Bolognaise (homemade G/F)	\$4.00
Bolognaise and Cheese (G/F)	\$4.30
Cheese	\$3.00
Ham and Cheese	\$3.50
Chicken and Cheese	\$3.50

Gluten free pasta available

## SUSHI (Available Thursday)

Must be pre-ordered on Flexischools by 10am Wednesday

Avocado (G/F)	\$3.20
Crispy Chicken	\$3.20
Teriyaki Chicken (GF)	\$3.20
Tuna Mayo (GF)	\$3.20
Soy sauce	\$0.20

## EXTRAS

Mini salad cup (G/F)	\$0.70
Popcorn (G/F)	\$0.80

## DRINKS

Bottled water	\$1.00
Plain milk	\$1.00
Just Juice popper	\$1.50
Nudie whole juice	\$2.00
Breaka flavoured milk	\$2.00

## SNACKS

Available at 2<sup>nd</sup> break at 1:30pm

Popcorn (G/F)	\$0.80
Fresh fruit (seasonal)	\$1.00
Cheese and crackers (G/F)	\$1.00
Hard-boiled egg	\$1.00
Apple slinky	\$1.20
Home bakes	\$1.00
Veggie sticks and hommus (G/F)	\$1.50
Fruit and custard cup	\$1.50

## FROZEN TREATS

Available at 2<sup>nd</sup> break at 1:30pm

Frozen pineapple juice cup	\$0.20
Quelch icy pole	\$0.50
Mini Calippo	\$1.00
Lemonade icy twist	\$1.20
Paddle Pop	\$1.80
Twisted Frozen Yoghurt	\$2.20

**Orders must be received by 8:30am using Flexischools, or 8:45am over the counter.**

**NOTE: Over the counter orders incur a 30c fee.**

Our tuckshop uses ingredients which contain the most common food allergens. If your child has any known allergies, please be aware that although CHSS Tuckshop makes every effort to ensure proper food handling, there is always a risk of cross contamination. Our menu items are free from nuts, however ingredients used to make these products may have been processed where nuts were present.

If you have any questions regarding food allergies or any other questions, please email us at [chapelhilltuckshop@gmail.com](mailto:chapelhilltuckshop@gmail.com).

## CHAPEL HILL STATE SCHOOL TUCKSHOP INFORMATION

### OPENING DAYS

The tuckshop is open Wednesday to Friday from 8:30am to 2:00pm. We serve lunch at 11:30 am, and provide second break orders at 1:50pm. The tuckshop windows are also open for over the counter sales at 1:40pm for snacks and frozen treats.

### ORDERING

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](http://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. A 30 cent fee applies. Some items may not be available to order over the counter due to stock availability.



### VOLUNTEERING

If you can spare time, we'd love to have you on board! Please drop by the Tuckshop to see Shaan and Ana or email: [chapelhilltuckshop@gmail.com](mailto:chapelhilltuckshop@gmail.com)

### BAKING

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

The recipes are on P&C webpage  
<http://chsspandc.org.au/tuckshop>

### ALLERGENS

Our tuckshop uses ingredients which contain the most common food allergens. They include, but are not limited to, egg, gluten, dairy, and at times fish, sesame seed and soy. If your child has any known allergies or intolerances, please be aware that although CHSS Tuckshop makes every effort to ensure proper food handling, there is always a risk of cross contamination. Our menu items are free from nuts, however ingredients used to make these products may have been processed where nuts were present.

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### CONTACT US

If you have any questions or comments, please email us at [chapelhilltuckshop@gmail.com](mailto:chapelhilltuckshop@gmail.com).

Follow us on Facebook: [Chapel Hill State School Tuckshop](https://www.facebook.com/ChapelHillStateSchoolTuckshop) to stay update with menu changes and special days.

Further information is on the P&C web page  
<http://chsspandc.org.au/tuckshop>  
Including roster sign-up, volunteer and induction details.

