

# SURFERS PARADISE STATE SCHOOL

## TUCKSHOP WINTER MENU 2017

The tuckshop opens daily at 8.15 a.m. Breakfast served until 8.45 a.m.  
*Tuckshop closes at 11.55 a.m. We are closed during second break.*

### LUNCH 11am

Please order on a tuckshop bag and place in the classroom box by 8.55 a.m. OR  
Order via our online system at [www.flexischools.com.au](http://www.flexischools.com.au)

**NO ORDERS CAN BE TAKEN OVER THE TUCK SHOP COUNTER IN THE MORNINGS AFTER 9.15 a.m.**  
*(this is to enable staff to process orders on time)*

#### **Hot Food**

Corn on the Cob	\$1.20
Slams (8 tiny pies, chicken or beef)	\$2.50
Garlic Breadstick	\$2.00
Sausage Roll	\$3.00
Chicken Goujons	\$3.00
Chicken Nuggets <i>GlutenFree</i>	\$3.00
Large Meat Pie 160g	\$3.80
Spinach & Ricotta Roll (Veg)	\$3.80
Lasagne – Beef 200g	\$4.00
Macaroni and Cheese 200g	\$4.00
Burger – Chicken or Beef (With lettuce, tomato, mayo and/or sauce)	\$5.00
Home-made Pumpkin Soup	\$4.00

#### **Daily Specials**

<b>Monday</b>	<b>Baked Potato</b>	<b>\$3.00</b>
	<b>Wedges (Veg)</b>	
	<b>Hot Dog with sauce</b>	<b>\$3.50</b>
	<i>(cheese 0.50c extra)</i>	
<b>Tuesday</b>	<b>Penne Pasta with tomato</b>	
	<i>herb sauce &amp; cheese (Veg)</i>	<b>\$5.00</b>
<b>Wednesday</b>	<b>Mild Japanese Chicken</b>	
	<b>Curry and Rice</b>	<b>\$5.00</b>
	<b>Sushi</b>	<b>\$3.50</b>
	<i>(Chicken/avocado, Tuna Mayo, Avocado, or Chicken Teriyaki)</i>	
<b>Thursday</b>	<b>Home-made pizzas</b>	<b>\$4.00</b>
	<i>(Hawaiian or Margarita)</i>	
<b>Friday</b>	<b>Sushi</b>	<b>\$3.50</b>
	<i>(Chicken/avocado, Tuna Mayo, Avocado, or Chicken Teriyaki)</i>	

#### **Sandwiches (White or Wholemeal)**

Vegemite or Honey	\$2.00
Cheese or Vegemite/Cheese	\$2.50
Ham	\$3.00
Ham and Cheese	\$3.50
Ham, Cheese and Tomato	\$4.00
Ham and Salad	\$4.00
Egg and Lettuce	\$3.50
Salad Sandwich	\$3.50
Tuna	\$3.50
Chicken	\$4.00
Chicken and Salad	\$5.00
Chargrilled Chicken Wrap	\$5.00

#### **Extra's**

Toasting	\$0.40
Tomato or Lettuce or Cheese	\$0.50
Full Salad	\$1.00
Wrap or Bread Roll	\$0.60
Gluten Free Bread	\$1.50

#### **Breakfast Menu** available til 8.45am

Vegemite Cheese Scroll	\$2.00
Cheese and Bacon Bun	\$2.00
Vegemite or Raisin Toast	\$1.50
Homemade Banana Muffin	\$1.50
Hot Chocolate	\$2.00
Real Banana Smoothie	\$3.50

#### **Fresh Selection**

Whole Piece of fresh fruit	\$1.00
Seasonal (Cut) fruit cup	\$1.50
Mini Garden Salad tub	\$2.50
Fresh Fruit Salad Tub	\$3.00

## **Snack foods**

Carrot Sticks	\$1.00
Celery Sticks	\$1.20
Piece of whole fruit	\$1.00
Hard Boiled Free Range Egg	\$1.00
Popcorn 20g	\$0.80
Pretzels 30g	\$1.00
JJ's 20g Snack	\$1.00
➤ Salt n Vinegar	
➤ Chicken	
Red Rock Deli Chips	\$1.20
➤ Honey Soy Chicken	
➤ Sea Salt	
Grain waves	\$1.20
➤ Sour Cream and Chives	
Snaps Gluten Free snacks	\$1.50
➤ Smokehouse BBQ	
Gingerbread Cookies 35g	\$2.00
Mainland "On the Go" 30g	
Tasty Cheese and Crackers	\$2.00
Yoghurt	\$2.20
➤ French Vanilla	
➤ Strawberry	

## **SPECIAL MEAL DEALS**

**Sushi Duo (2 x Sushi's) \$6.50**  
(ONE PER STUDENT, CANNOT BE SPLIT)

## **ON THE SIDE**

<b>Sauces (Tomato or BBQ)</b>	<b>\$0.30</b>
<b>Salad Dressing mini tub</b>	<b>\$0.50</b>
<b>Sweet Chilli sauce</b>	<b>\$0.50</b>
<b>Sour Cream</b>	<b>\$0.50</b>
<b>Mayonnaise</b>	<b>\$0.50</b>
<b>Wasabi</b>	<b>\$0.50</b>

## **Drinks**

PopTop Daily Juice 250ml	\$1.80
➤ Apple Blackcurrant	
➤ Apple	
Plain Full Cream Milk 300ml	\$1.50
Quench Flavoured Spring Water	\$2.00
➤ Orange / Blue	
Spring Water 1Ltr	\$3.00
Spring Water 600ml	\$2.00
Mini Spring Water 600ml	\$1.50
100% Orange Juice 300ml	\$2.20
Glee Fizzy Fruit Juice	\$2.00
Up & Go 250ml	\$2.00
➤ Banana/ Choc/ Vanilla/Caramel	
Flavoured Milk 300ml	\$2.20
➤ Chocolate, Strawberry	

## **Frozen Treats**

Frozen orange wedge	\$0.20
Quelch fruit flavors Ice-Block	\$0.50
Monys Ice block triangle	\$0.60
Calippo Mini – Raspberry/Pine	\$1.00
Lemonade Icy pole	\$1.00
Frozen Apple Juice Cup	\$1.00
Paddle Pop	\$1.50
➤ Rainbow	
➤ Chocolate	
Vanilla Ice Cream Cup	\$2.00
Frozen Yoghurt 100g	\$2.20
➤ Strawberry	
➤ Mango	
Slush Puppy (only avail at break)	\$2.20
Grape, Lime, Watermelon	

*Thank you for your continued support of our school tuckshop!*

**Tuckshop is NOW available on [flexischools.com.au](http://flexischools.com.au) for online ordering convenience.  
This is our preferred method of ordering. Cut off time is 8.00a.m. on day of order.**

All profits from our Tuckshop are used by the school for the benefit of our students and school community.

Our tuckshop follows "QLD – Smart Choices" Food Guidelines, which means that many of our products are school approved, healthy and delicious!

## **A WARM WELCOME TO ALL VOLUNTEERS**

If you'd like to help out in the tuckshop any morning between 9am to 12 noon drop in and see the staff in the tuckshop and register your details. We always welcome new volunteers!