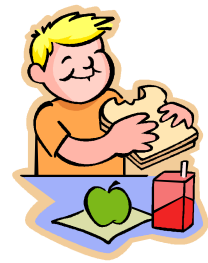




# TRINITY BEACH STATE SCHOOL TUCKSHOP MENU 2017



## PREPARED FOODS

MUST BE ORDERED FOR LUNCH

### SANDWICHES - EVERYDAY

*White or Multigrain:*

**ROLLS**—Everyday (Extra 30c)

**WRAPS**—Everyday (Extra 50c)

*Salad (Lettuce, Tomato, Cucumber, Carrot and Sprouts)*

Vegemite/Jam/Honey	\$2.00
Cheese	\$3.20
Egg/Curried Egg	\$3.20
Tuna/Ham	\$3.50
Chicken	\$3.50
Salad	\$4.50
Egg & Salad	\$5.00
Cheese & Salad	\$5.00
Ham & Salad	\$5.00
Tuna & Salad	\$5.00
Chicken & Salad	\$5.00

**Toasted Extra** 30c

Extra fillings: Pineapple, Beetroot or Onion 30c

### TRAYS - MON/TUES/THURS

*Salad (Lettuce, Tomato, Corn, Carrot, Cucumber, Pineapple, Beetroot, Sprouts & 1/2 Egg)* \$5.50

Egg & Salad <b>GF</b>	\$6.50
Ham & Salad <b>GF</b>	\$6.50
Tuna & Salad <b>GF</b>	\$6.50
Chicken & Salad <b>GF</b>	\$6.50
Chicken Caesar Salad	\$6.50

### EXTRAS—EVERYDAY

Vegetable Pastie	\$3.50
Corn Cobs	80c
Boiled Egg	80c
Buttered Bread or Roll	80c
Tomato Sauce	30c
Sweet Chilli Sauce	30c
Lite Sour Cream	30c
BBQ Sauce	30c
Spoons	05c
Paper Bags	05c

## HOT FOODS

MUST BE ORDERED FOR LUNCH

### MONDAY

Hamburger ( <i>mince, lettuce, tomato &amp; sauce</i> )	\$5.00
Cheeseburger ( <i>mince, cheese, &amp; sauce, no salad</i> )	\$5.00
Cheeseburger with salad	\$5.00
Vegie burger (with Sour Cream and Sweet Chilli Sauce)	\$5.00

### TUESDAY

Sushi (Chicken & Avocado) <b>GF</b>	\$4.50
Sushi (Tuna & Salad) <b>GF</b>	\$4.50
Egg Cheese & Bacon Quiche	\$3.50
Garlic Bread	\$1.50
Pizza Rounds	\$3.00

### WEDNESDAY

Special Meal Deal	\$7.00
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(Meal/dessert/drink; juice/milk/water)

EACH WEDNESDAY WE WILL HAVE A DIFFERENT MEAL. CHECK TUESDAY'S NEWSLETTER FOR DETAILS.

### THURSDAY

Crumbed Chicken Tenderloins with lettuce and mayo on a long roll or wrap	\$5.00
Crumbed Chicken Tenderloins	\$2.50
Garlic Bread	\$1.50
Vegie Burger (With Sour Cream and Sweet Chilli Sauce)	\$5.00
Chicken Schnitzel <b>GF</b>	\$2.50

### FRIDAY

Piece of Fish	\$3.00
Potato Wedges	\$2.50
Garlic Bread	\$1.50
Tartare Sauce	.30
Sour Cream	.30

## SNACK FOODS

EITHER ORDER OR OBTAIN OVER THE COUNTER

Fruit	\$1.00
Fruit Salad	\$1.00
Pineapple ring—frozen <b>GF</b>	40c
Popcorn	30c
Cheese Stick	70c
Dried Apricot	10c
Mini Muffins(Made fresh)	50c
Biscuits	50c
Sao x 2 with vegemite/jam	\$1.00
Corn Thins x 2 <b>GF</b>	\$1.00
Chips	\$1.50

### ICEBLOCKS

Paddlepops	\$1.40
Icy Twist <b>GF</b>	\$1.00
Frozen Cup—juice/cordial/milk + spoon <b>GF</b>	\$1.00
Frozen Yoghurt <b>GF</b>	\$2.00
Mini Maids <b>GF</b>	70c

### DRINKS

<u>Milk</u> plain	\$1.00
flavoured	\$2.50

### Juice (Box) 100%

Orange, apple, apple/blackcurrant, tropical	\$1.50
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### Water

Water 600ml	\$1.50
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### Slushi

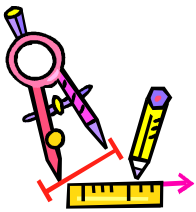
	\$2.00
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**GF—Gluten Free**



We would love your help in the Tuckshop. Please ring 4057 1439

Do not staple or sticky tape bags please and only use a dark pen or marker, as pencil is too hard to see.



# TRINITY BEACH STATE SCHOOL TUCKSHOP 2017



All Daily Prepared Food and Daily Hot Food items needed for the 11.00am Lunch Break must be ordered by 9.00am each day. Write your child's name, class and order on a paper bag and enclose payment. Put the order in the class Tuckshop 'basket', which must be taken to the Tuckshop by 9.00am each day.

*The Tuckshop will be open for over the counter sales from 11.15 to 11.45am each day and Thursday and Friday 1.30 to 2.00pm for drinks, iceblocks and snacks.*

It will not be open on Monday—Wednesday during the afternoon Activity Break.

Your voluntary help is vital for the continuing success of our Tuckshop. Please ring the Tuckshop to volunteer your time on 4057 1439 or [email](#)

All funds raised go directly to the school to help purchase resources for all the students.

## UNIFORMS ITEMS From 8.30am to 12.00pm DAILY

<b>SCHOOL SHIRTS</b>	<b>\$30.00</b>	<b>SCHOOL SHORTS</b>	<b>\$20.00</b>
<b>SPORTS "HOUSE" SHIRTS</b>	<b>\$25.00</b>	<b>HATS</b>	<b>\$10.00</b>

## STATIONERY ITEMS From 8.30am to 12.00pm DAILY

Coloured Pencils (set)	\$3.00	Crayons (Crayola 12s)	\$2.00
Felt Pens	\$2.00	Pencil HB	\$0.50
Rubber	\$1.20	Ruler	\$1.00
Scissors	\$2.00	Sharpener	\$1.20
Glue Stick	\$3.50	Gray-Pas	\$3.00
Micador Oil Pastels	\$2.30	Exercise Book A4	\$1.00
Quad Book	\$1.00	Document Wallet	\$0.70

## BREAKFAST MENU @ TUCKSHOP

Opening hours 8.30—8.45am

Cereal	\$2.00	<b>Toasted Sandwiches</b>	
Raisin toast (2 slices)	\$2.00	Cheese	\$3.50
Toast (2 slices with Jam/ Honey or Vegemite)	\$2.00	Cheese & Vegemite	\$3.70
Hash Brown	\$1.50	Ham & Cheese	\$4.10
Pancake with jam/honey or maple syrup	\$2.00	Ham, Cheese & Tomato	\$4.40
Croissant with Jam	\$2.00	Ham & Cheese Croissant	\$3.20
Up & Go Breakfast Drink	\$3.00	Ham, Cheese & Tomato Croissant	\$3.50

**Drinks**—No other drinks at breakfast

Milk—Plain	\$1.00
Milk flavoured	\$2.50
Juice	\$1.50
Banana or Blueberry or Mixed Berry Smoothie	\$3.50

