

# TBSS Tuckshop Menu - Term 1, 2019

## Prepared Foods

*Must be ordered for Lunch*

### Sandwiches (Everyday)

White or Multigrain bread  
Toasted - Extra \$ 0.50

**Rolls** (Everyday) – Extra \$ 0.30

**Wraps** (Everyday) – Extra \$ 0.50

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

Vegemite/Jam/Honey	\$ 2.00 ●
Cheese	\$ 3.50 ●
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 ●

Extra Fillings \$ 0.50 ●  
Pineapple, Beetroot or Onion

### Trays (Mon/Tues/Thurs)

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

Lite Party Pie	\$ 1.50 ●
Vegetable Pastie	\$ 4.00 ●
Corn Cob	\$ 1.00 ●
Boiled Egg	\$ 1.00 ●
Buttered Bread or Roll	\$ 1.00 ●
Tomato Sauce	\$ 0.30 ●
Sweet Chilli Sauce	\$ 0.30 ●
Lite Sour Cream	\$ 0.30 ●
BBQ Sauce	\$ 0.30 ●
Paper Bag	\$ 0.30

## Hot Foods

*Must be ordered for Lunch*

### MONDAY

Hamburger	\$ 5.00 ●
(Mince, Lettuce & Tomato Sauce)	
Cheeseburger	\$ 5.00 ●
(Mince, Cheese & Sauce – no salad)	
Cheeseburger with Salad	\$ 5.00 ●
Veggie Burger	\$ 5.00 ●
(with sour cream & sweet chilli sauce)	

### TUESDAY

Sushi (Chicken & Avocado) <b>GF</b>	\$ 5.00 ●
Sushi (Tuna & Salad) <b>GF</b>	\$ 5.00 ●
Egg, Cheese & Bacon Quiche	\$ 4.00 ●
Garlic Bread	\$ 2.00 ●
Pizza Rounds	\$ 3.00 ●

### WEDNESDAY

Special Meal Deal \$ 7.50 ●  
(Meal + Dessert + Drink of choice: juice, milk or water)  
Each Wednesday a different Special Meal Deal is available. Please check the newsletter and Facebook each week for details.

### THURSDAY

Crumbed Chicken Tenderloin	
Wrap or Long Roll	\$ 5.00 ●
(with Lettuce & Mayo)	
Crumbed Chicken	
Tenderloins	\$ 2.50 ●
Garlic Bread	\$ 2.00 ●
Veggie Burger	\$ 5.00 ●
(with sour cream & sweet chilli sauce)	

### FRIDAY

Piece of Fish	\$ 3.00 ●
Potato Wedges	\$ 3.00 ●
Garlic Bread	\$ 2.00 ●
Tartare Sauce	\$ 0.30 ●
Sour Cream	\$ 0.30 ●

## Snack Foods

*Either order or obtain over the counter*

Fruit	\$ 1.00 ●
Fruit Salad (Tinned)	\$ 1.00 ●
Pineapple Ring – Frozen <b>GF</b>	\$ 0.50 ●
Popcorn	\$ 0.50 ●
Cheese Stick	\$ 0.70 ●
Dried Apricot	\$ 0.10 ●
Mini Muffins (made fresh)	\$ 0.50 ●
Biscuits	\$ 0.50 ●
Sao (with Vegemite/Jam)	\$ 1.00 ●
Corn Thins x 2 <b>GF</b>	\$ 1.00 ●
(with Cheese)	
Avocado/Hommmus Dip	\$ 1.50 ●
(with carrot sticks/rice crackers)	

### Iceblocks

Paddlepops	\$ 1.50 ●
Icy Twist <b>GF</b>	\$ 1.00 ●
Frozen Cup <b>GF</b>	\$ 1.00 ●
(juice/cordial/milk & spoon)	
Frozen Yoghurt <b>GF</b>	\$ 2.00 ●
Calippo	\$ 1.00 ●

### Drinks

Milk – Flavoured	\$ 2.50 ●
Juice Box (100%)	\$ 1.50 ●
(Orange, Apple, Apple/Blackcurrant, Tropical)	
Water – 600ml	\$ 2.00 ●
Slushi – Juice	\$ 2.00 ●

## Smart Choices Guideline:

**GREEN ●**

Have plenty, encouraged

**AMBER ●**

Select carefully, avoid large serving sizes

**RED ●**

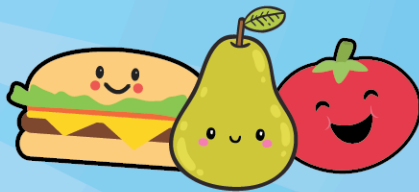
Avoid, no more than two occasions per term

(**GF** = GLUTEN FREE)

## Volunteers Wanted:

Volunteers are vital for the continuing success of our Tuckshop.

Please ring the Tuckshop on 4057 1439 to volunteer your time or email [pandc@trinitybeachss.eq.edu.au](mailto:pandc@trinitybeachss.eq.edu.au).



# TBSS Tuckshop Menu - Term 1, 2019

## Breakfast Menu

Open for breakfast 8:30-8:50am

Fresh Fruit Salad	\$ 1.50 ●
Raisin Toast (2 slices)	\$ 2.00 ●
Toast (2 slices) (with Jam/ Honey or Vegemite)	\$ 2.00 ●
Hash Brown	\$ 1.50 ●
Pancake (with jam/honey or maple syrup)	\$ 2.00 ●

### Toasted Sandwiches

Cheese	\$ 3.50 ●
Cheese & Vegemite	\$ 3.70 ●
Ham & Cheese	\$ 4.10 ●
Ham, Cheese & Tomato	\$ 4.40 ●

### Drinks

Milk - Flavoured	\$ 2.50 ●
Juice Box (100%) (Orange, Apple, Apple/Blackcurrant, Tropical)	\$ 1.50 ●
Water - 600ml	\$ 2.00 ●
Banana Smoothie	\$ 3.50 ●
Hot Chocolate	\$ 3.00 ●

## Uniform & Stationery Items

Available to purchase from 8:30am - 12pm daily

### Uniform

School Shirts	\$30.00
Sports "House" Shirts	\$27.50
School Shorts	\$20.00
Hats	\$10.00

### Stationery Items

Coloured Pencils (set)	\$ 3.00
Felt Pens	\$ 2.00
Rubber	\$ 1.20
Scissors	\$ 2.00
Glue Stick	\$ 3.50
Micador Oil Pastels	\$ 2.30
Quad Book	\$ 1.20
Manilla Folder	\$ 0.30
Crayons (Crayola 12s)	\$ 2.00
Pencil HB	\$ 0.50
Ruler	\$ 1.00
Sharpener	\$ 1.20
Gray-Pas	\$ 3.00
Exercise Book A4 - 64 pages	\$ 1.00
Exercise Book A4 - 96 pages	\$ 1.20
Document Wallet	\$ 0.70



## Important Information:

### online ordering

Orders can be placed online through Flexischools: [www.flexischools.com.au](http://www.flexischools.com.au)



### class Tuckshop 'Basket' orders

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.

(\* Please do not staple or sticky tape bags. Only use a dark pen or marker as pencil is too hard to see.)

### counter Sales

The Tuckshop will be open for Breakfast 8.30 - 8.50am and for over the counter sales from 11.15 - 11.45am each day and 1.30 - 2.00pm for drinks, iceblocks and snacks.

The Tuckshop is proudly supported by our P&C. All funds raised by our Tuckshop go directly to the school to help purchase resources for all the students.

