

# TBSS Tuckshop Menu - Term 1, 2021

## Prepared Foods

### Must be ordered for Lunch

#### Sandwiches (Every day)

White or Multigrain bread

Toasted - Extra \$ 0.50 ●

Gluten Free Bread – Extra \$ 1.00 ●

Vegemite/Jam/Honey \$ 2.50 ●

Cheese \$ 4.00 ●

Egg \$ 4.00 ●

Tuna/Ham/Chicken \$ 4.00 ●

Salad \$ 4.00 ●

Extra Fillings \$ 0.50 ●

Pineapple, Beetroot, tomato, Cheese

Add Salad \$ 1.50 ●

Lettuce, tomato, cucumber, carrot

#### Bowls (Every day)

Chicken Poke Bowl \$ 6.50 ●

#### Gluten Free and Vegetarian Options

(Crumbed Chicken, Rice, Lettuce, Tomato, Carrot, Cucumber, Avocado Italian dressing on the side)

Burrito Bowl **GF** \$ 6.50 ●

#### Vegetarian option available

(Beef, Beans, Corn, Cheese, Rice, Lettuce, Tomato, Avo & Sour Cream)

#### Extras (Every day)

Side Salad **GF V** \$ 2.00 ●

(Lettuce, Tomato, Cucumber, Carrot, Side of Italian Dressing)

Corn Cob **GF V** \$ 1.00 ●

Boiled Egg **GF V** \$ 1.00 ●

Buttered Bread or Roll **V** \$ 1.50 ●

Tomato Sauce \$ 0.30 ●

BBQ Sauce \$ 0.30 ●

Paper Bag \$ 0.50

Spoon \$ 0.05

### 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 **V** = Vegetarian)

## Hot Foods

### Must be ordered for Lunch

#### Every Day

Burger Pop **GF** \$ 2.50 ●

(Burger on a stick)

Egg & Bacon Quiche \$ 4.50 ●

Lite Party Pie \$ 1.50 ●

Vegetable Pastie **V** \$ 4.50 ●

Garlic Bread **V** \$ 2.00 ●

Add Side Salad **GF V** \$ 2.00 ●

to any hot meal

#### MONDAY

Hamburger **GF OPTION** \$ 5.00 ●

(Home made gluten free Pattie, Lettuce, Tomato & Tomato Sauce)

#### Extra

Gluten Free Bread \$ 1.00 ●

Cheese \$ 0.50 ●

Veggie Burger **V** \$ 5.00 ●

(with sour cream & sweet chilli sauce)

#### TUESDAY

Sushi – 6 pieces **GF** \$ 6.00 ●

Chicken & Avocado

Tuna & Salad

Lasagne \$ 5.00 ●

Add side salad \$ 2.00 ●

#### WEDNESDAY

Nachos **GF** \$ 5.00 ●

(Corn Chips, Beef, Beans, Corn, Cheese, avocado and sour cream)

#### THURSDAY

Sushi – 6 pieces **GF** \$ 6.00 ●

Chicken Teriyaki

Vegetable **V**

Lasagne \$ 5.00 ●

Add side salad \$ 2.00 ●

#### FRIDAY

Crumbed Chicken \$ 5.00 ●

Wrap or Roll

(with Lettuce & Mayo)

#### Extra

Cheese \$ 0.50

## Snack Foods

### Order or obtain over the counter

#### Snacks

Apple Slinky **GF V** \$ 1.20 ●

Fruit **GF V** \$ 1.00 ●

Fruit Salad (Fresh) **GF V** \$ 3.00 ●

Fruit Salad (Tinned) **GF V** \$ 1.50 ●

Popcorn **GF V** \$ 0.50 ●

Mini Muffins (made fresh) **V** \$ 0.50 ●

Anzac Biscuits **V** \$ 0.50 ●

Sao x 2 Vegemite/Jam \$ 1.50 ●

Corn Thins x 2 **GF V** \$ 1.00 ●

(with Cheese)

Avocado or Hommus \$ 2.50 ●

Dippers **GF V**

(with carrot sticks or rice crackers)

Harvest Snacks **GF V** \$ 1.50 ●

Sunrice Snacks **GF V** \$ 1.50 ●

Rice Crackers **GF V** \$ 0.50 ●

#### Iceblocks

Quelch Stick 99% Juice **GF** \$ 1.00 ●

Dixie Cup Icecream **GF** \$ 1.50 ●

Banana Split **GF** \$ 0.50 ●

(Half a Frozen Banana)

Hula Hoop **GF** \$ 0.50 ●

(Frozen Pineapple Ring)

Frozen Cup **GF** \$ 1.00 ●

(juice/cordial/milk & spoon)

Frozen Yoghurt **GF** \$ 2.00 ●

#### Drinks – All GF

Milk - Plain \$ 1.50 ●

Milk – Flavoured \$ 3.00 ●

Juice Box (100%) \$ 2.00 ●

(Orange, Apple, Apple/Blackcurrant, Tropical)

Water – 600ml \$ 2.00 ●

Sparkling Water – 600ml \$ 2.50 ●

Slushi – Juice \$ 2.00 ●

## 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, 2021

## Breakfast Menu

*Open for breakfast 8:30-8:50am*

Fresh Fruit Salad	\$ 3.00 ●
Raisin Toast (2 slices)	\$ 2.00 ●
Toast (2 slices)	\$ 2.50 ●
(with Jam/ Honey or Vegemite)	
Cheese & Vegemite Scrolls	\$ 1.50 ●
Pancake	\$ 2.50 ●
(with jam/honey or maple syrup)	

### Toasted Sandwiches

Cheese	\$ 4.50 ●
Ham & Cheese	\$ 5.00 ●
Ham, Cheese & Tomato	\$ 5.50 ●

### **Drinks**

Milk - Plain	\$ 1.50 ●
Milk - Flavoured	\$ 3.00 ●
Juice Box (100%)	\$ 2.00 ●
(Orange, Apple, Apple/Blackcurrant, Tropical)	
Water - 600ml	\$ 2.00 ●
Sparkling Water - 600ml	\$ 2.50 ●
Smoothie	\$ 4.00 ●
Hot Chocolate	\$ 3.00 ●

## Uniform & Stationery Items

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

### Uniform

School Shirts	\$34.00
Sports "House" Shirts	\$27.50
School Shorts	\$22.00
Hats	\$12.00

### 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

Our preference for all orders is online through Flexischools: [www.flexischools.com](http://www.flexischools.com)



Place lunch orders from your iPhone or iPad! Find us in the App Store.



### 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.*