



## BREAKFAST

HOT CHOCOLATE	\$3.00
PANCAKE	\$3.00
MUFFIN	\$0.60
VEGEMITE & CHEESE SCROLL ✓	\$2.50



TEACHERS & PARENTS  
ICED COFFEE \$4.00  
MACHINE COFFEE \$4  
SOFT DRINK \$2.50



## DAILY SPECIALS

TUCKSHOP TWISTER CHICKEN TENDER IN A WRAP WITH LETTUCE & MAYO ✓	\$6.00
CHEESEY WEDNESDAY BEEF PATTIE, LETTUCE AND CHEESE ON BUN WITH TOMATO OR BBQ SAUCE ✓	\$6.00
THURS-YAY SUSHI CRISPY CHICKEN & AVO/TUNA GF/VEGETARIAN V/CHICKEN TERIYAKI GF/PRawn ✓	\$6.00
PIZZA FRIDAY PLAIN CHEESE & NAPOLI SAUCE \$4.50 BBQ MEATLOVERS HAWAIIAN	\$5.50



# Term 1 2026

# MENU



## TOASTIES ✓

CHEESE	\$4.00
HAM & CHEESE	\$4.50
CHICKEN & CHEESE	\$5.00
HAM, CHEESE & PINEAPPLE	\$5.50
HAM, CHEESE & TOMATO	\$5.50
CHEESE & TOMATO	\$4.50

CHOICE OF WHITE BREAD/ MULTIGRAIN OR WRAP



## SANDWICHES & WRAPS ✓

CHICKEN CAESAR WRAP COS LETTUCE, BACON, EGG, CROUTONS, PARMESAN & MAYO IN A WRAP	\$6.00
SANDWICH /WRAP 1 FILLING TUNA/HAM/CHICKEN/CHEESE/EGG/SALAD OR FALAFEL	\$4.00
PLAIN SANDWICH VEGEMITE/HONEY/JAM	\$2.50
EXTRA FILLING HUMMUS/MAYO/AIOLI/GUACAMOLE/SALAD	\$1.00
EXTRA FILLING PINEAPPLE, CHEESE, TOMATO	\$0.50
GLUTEN FREE BREAD OR WRAP	\$1.00
SALAD BOWL ( LETTUCE, TOMATO, CARROT, CUCUMBER)	\$5.00
ADD PROTEIN (CHICKEN, HAM, TUNA OR FALAFEL)	\$1.50

CHOICE OF WHITE BREAD/ MULTIGRAIN OR WRAP



## EVERYDAY MEALS

NACHO BOWL GF ✓	\$7.00
MEXICAN BEEF WITH BEANS & CORN, LETTUCE, RICE, CHEESE, TOMATOES, & SOUR CREAM	
HOMEMADE LASAGNE ✓	\$5.50
BEEF MINCE, GRATED ZUCCHINI & CARROT, PASTA SAUCE WITH CHEESE AND CREAMY SAUCE	
MON, WED & FRI	
FRIED RICE DF GF ✓	\$5.00
VEGETABLES, SOY (VEGETARIAN AVAILABLE)	
FALAFEL(7) WITH HUMMOS V GF \$4.50	
EXTRA FALAFEL \$.60C ✓	
VEGETABLE SPRING ROLLS 6 FOR \$3.00	
12 FOR \$6.00	
CHICKEN NUGGETS (5)	\$5.50
TEMPURA STYLE, OVEN BAKED	
EXTRA NUGGET \$1.00	
PARTY PIE	\$2.00
GARLIC BREAD	\$3.50
SPINACH & FETA ROLL	\$4.00



## DIETARY NEEDS

PLEASE ASK FOR.  
GLUTEN FREE,  
VEGETARIAN, DAIRY  
FREE & VEGAN OPTION

VOLUNTEERS ARE ALWAYS WELCOME,  
PLEASE SEE TUCKSHOP TEAM FOR DETAILS



## FROZEN & DRINKS



UP & GO (Vanilla & Choc)	✓	\$3.00
GLEE SPARKLING JUICE		\$3.50
FLAVOURED MILK		\$3.00
SLUSHIE 100% JUICE	✓	\$2.00
WATER	✓	\$2.00
JUICE BOX	✓	\$2.20
PLAIN MILK	✓	\$1.50
FROZEN YOGHURT	✓	\$3.00
QUELCH STICK	✓	\$0.60
FROZEN PINEAPPLE	✓	\$0.50
DIXIE CUP		\$1.50
FROZEN CUP		\$1.50

## EMERGENCY LUNCH

SANDWICH - JAM  
- VEGEMITE  
- CHEESE

PIECE OF FRUIT

JUICE BOX - APPLE  
- TROPICAL  
- APPLE & BLACKCURRANT

\$5.00

ONLY BETWEEN  
8:50AM-1:00PM

## EXTRAS

HANDBALL	\$3.00
TOMATO/BBQ SAUCE	\$0.35
DRESSING/SOY SAUCE	\$0.30
AIOLI	\$0.50
HUMMOS	\$0.50

HOW TO ORDER? ONLINE?  
ENJOY THE CONVENIENCE & GO CASHLESS  
AT [WWW.FLEXISCHOOLS.COM.AU](http://WWW.FLEXISCHOOLS.COM.AU)  
ALL ORDERS TO BE PLACED BEFORE  
8:50AM.

NEED TO CANCEL YOUR ORDER? ORDERS  
MUST BE CANCELLED NO LATER THAN  
9:30AM.

MISSSED THE CUT OFF?  
EMERGENCY LUNCHES ARE AVAILABLE  
FROM 8:50AM - 1:00PM LIMITED STOCK.

OPENING HOURS

MONDAY - FRIDAY

MORNING 08:30AM-8:50AM

FIRST LUNCH 11:15AM - 11:35AM

SECOND LUNCH 1:30PM - 1:55PM

PREFERRED  
METHOD OF  
ORDERING IS

## SNACKS



SNACK BOX	✓	\$4.00
BOILED EGG, TOMATO, CUCUMBER, CHEESE & CRACKERS		
SIDE SALAD	✓	\$3.00
FRESH FRUIT SALAD	✓	\$3.50
APPLE SLINKY	✓	\$1.50
YOGHURT POUCH	✓	\$2.50
POPCORN	✓	\$0.60
RICE CRACKERS	✓	\$0.50
RICE CRACKERS WITH CHEESE	✓	\$1.50
CORN ON THE COB	✓	\$1.00
PIECE OF FRUIT	✓	\$1.00
TRAIL MIX	✓	\$0.50
GRAIN WAVES/RED ROCK CHIPS	✓	\$1.50
MINI MUFFIN		\$0.60
ANZAC BISCUIT		\$1.00
CUSTARD CUP		\$1.50

GREEN



Have plenty, encouraged

