




## DAILY DELIGHTS

**AVAILABLE ONLY on the days shown below**

**\*marvellous MONDAY!**

**TWISTED BOLOGNAISE**  Spiral pasta served with homemade beef bolognese sauce, sprinkled with cheese ..... **\$4.50** *small*  
(Vegetarian & Gluten Free options available)  **\$6.00** *large*


**\*terrific TUESDAY!**

**CHICKEN SCHNITTY BURGER**  Baked crumbed chicken breast with lettuce, tomato & mayo in a soft bun ..... **\$5.00** *each*

**\*woohoo WEDNESDAY!**


**WOOSHI SUSHI**  *homemade* CHICKEN or TUNA or AVOCADO roll (all sushi includes carrot & cucumber) ..... **\$3.50** *each*  
+ EXTRA Soy Sauce or Mayo ..... **\$0.30** *each*


**\*thrilling THURSDAY!**


**U BEAUT MEAT PIE**  Mrs Mac's lite Beef pie Cruiser .... **\$4.00**

**\*fantabulous FRIDAY!**

**BEST BARBIE BURGERS (B3)**


**HAMBURGER**  *homemade* beef pattie with lettuce, tomato & tomato sauce on a soft bun ..... **\$5.00**


**CHEESEBURGER**  *homemade* beef pattie with cheese, lettuce & tomato sauce on a soft bun ..... **\$5.00**


**VEGEBURGER**  *homemade* chickpea & veggie pattie with lettuce, tomato & tomato sauce on a soft bun ..... **\$5.00**

## Feeling HOT HOT HOT

**CORN COB**  ..... **\$1.50**ea

**FALAFEL WRAP**  falafels + lettuce, tomato & carrot in toasted pita wrap with BBQ or Sweet Chilli sauce ..... **\$4.50**

**MACARONI CHEESE**  *homemade* ..... **\$4.50**


**PASTITSIO**  *homemade* Pasta & bolognese pie topped with béchamel sauce ..... **\$5.50**

**PIZZA—Cheese**  *homemade* ..... **\$3.80**

**PUPPY DOG**  (½ hot dog with tomato sauce) ..... **\$2.50**

**SAUSAGE ROLL**  Low fat 'kool skool' ..... **\$3.50**

**SPINACH & CHEESE ROLL**  *homemade* Baked roll with ricotta, feta cheese & spinach ..... **\$3.50**

**SPINACH & CHEESE ROLL (GF)**  *homemade* ..... **\$4.00**

**SAUCES** : BBQ - TOMATO - SWEET CHILLI - GRAVY ..... **\$0.30**ea

## ALL WRAPPED UP


**Sandwiches & Wraps available 1st & 2nd lunch.**

Sandwiches made with 1 slice white & 1 slice multigrain bread unless otherwise ordered.  Gluten Free pita bread available @ 50c extra.

**CHICKEN**  (hot or cold) ..... **\$5.00**

**ROAST BEEF**  (hot or cold) cooked on site ..... **\$5.00**

**HAM**  ..... **\$4.00**

**TUNA**  ..... **\$3.00**

**CHEESE** *grated*  ..... **\$3.80**

**CHEESE & SALAD**  ..... **\$6.30**

**EGG**  ..... **\$3.50**

**AVOCADO**  ..... **\$3.50**

**SALAD**  ..... **\$4.00**

**EXTRA Sandwich Fillings:**

**LETTUCE-TOMATO-CARROT-BEETROOT-CUCUMBER**  ..... **\$0.50**ea

**OR SALAD** (all of the above)  ..... **\$2.50**

**AVOCADO**  ..... **\$2.00**

**CHEESE - BOILED EGG**  ..... **\$1.00**ea

**PINEAPPLE**  **\$0.50** / **GRAVY-MAYONNAISE-PICKLES** ... **\$0.30**ea

**TOASTING** of SANDWICHES or WRAPS ..... **\$0.50**



## abSALADly YUM

**'Grandé' LARGE SALAD**  ..... **\$8.50**ea

Beef or Chicken or Tuna or Ham plus Salad Vegies, cheese, egg, pineapple & bread

**'Xiào' SMALL SALAD**  ..... **\$6.00**ea

Salad vegies + cheese, egg, pineapple & bread

**'Bellissimo' CHICKEN CAESAR SALAD**  ..... **\$6.00**

Chicken, lettuce, ham, cheese & croutons with lite dressing (egg = \$1 extra)

**'Opa' GREEK SALAD**  ..... **\$6.00**


Lettuce, tomato, cucumber, feta cheese, olives + Greek dressing

**'G'Day' GARDEN SALAD**  ..... **\$4.50**

Lettuce, tomato, cucumber & carrot with lite Italian dressing

## SNACK ATTACK

**APPLES or ORANGES**  fresh fruit ..... **\$1.50**

**FRUIT SALAD**  freshly cut (in a tub) ..... **\$4.50**

**WATERMELON**  freshly cut (in a tub) ..... **\$4.50**

**CARROT STICKS**  freshly sliced (in a bag) ... **\$1.50**


**DIPPITY STICKS**  carrots & hummus dip .... **\$3.00**


**Greek YOGHURT**  Vanilla or Strawberry ... **\$2.00**


**CHEESE 'n CRACKERS**  ..... **\$2.00**


**Boiled EGG**  ..... **\$1.00**

## THIRST BUSTERS

**WATER**  bottled (600ml) ..... **\$2.00**

**MILK**  plain (200ml) ..... **\$1.50**

**MILK**  flavoured 'Breaka' (250ml) ..... **\$2.30**


**JUICE**  100% FRUIT JUICE 'Popper' (250ml) .. **\$2.00**


## GOT THE MUNCHIES

**MUFFINS**  *homemade* Blueberry... **\$2.80**

**POPCORN**  ..... **\$0.50**

**AVAILABLE 2nd LUNCH ONLY**

**PIKELETS**  *homemade* ..... **\$0.50**  
Plain or Strawberry

**BLISS BALLS**  *homemade* ..... **\$1.00**  
dates, coconut, weetbix & Cocoa (2 per pack)

## IT's A LITTLE CHILLY

**AVAILABLE 2nd LUNCH ONLY**

**FROZEN YOGHURT**  ..... **\$2.50**ea

Strawberry & Vanilla or Watermelon & Mango

**WATER ICES**  Zooper Dooper ..... **\$0.50**ea

**CALLIPO**  ..... **\$1.50**ea

**Lemonade ICY TWIST**  ..... **\$1.70**ea

**Chocolate PADDLE POP**  ..... **\$2.00**ea





### TUCKSHOP HOURS

8:00AM to 1:45PM

MONDAY to FRIDAY

### MENU

- \* Our menu is based on the guidelines set out by the **Queensland Government's Smart Choices Program**.
- \* **ALLERGIES:** If you have any concerns regarding the nature of your child's food allergies, please come and see us at the tuckshop, so that we can monitor the food that is sent out.

### ORDERING

Order and pay online at



[www.flexischools.com.au](http://www.flexischools.com.au)

- \* **ORDER BY 8:30 AM**
- \* Please place *separate orders for 1st and 2nd lunch*
- \* Any issues with online ordering, visit the tuckshop counter before 8:30am

### Forgotten Lunch?

*Our tuckshop is happy to provide your child with lunch (usually a sandwich). A note is sent home with your child informing you of the amount owed to the tuckshop. In this instance, prompt payment would be greatly appreciated. You can call us to make a credit card payment.*

### VOLUNTEERS

Come and join our friendly volunteer team! Contact us by phone (3010-8201), email ([tuckshop@wesspandc.org](mailto:tuckshop@wesspandc.org)) or visit us at the tuckshop.

### **Menu Notations:**



VEGETARIAN



GLUTEN FREE



HALAL

**GREEN:** \*HEALTHIER OPTION \*EXCELLENT SOURCES OF IMPORTANT NUTRIENTS  
\*LOW IN SATURATED FAT &/OR SUGAR & SALT

**AMBER:** \*SOME NUTRITIONAL VALUE \*MODERATE AMOUNTS OF SATURATED FAT &/OR SUGAR & SALT



# TUCKSHOP MENU

TERM 4  
OCT-NOV-DEC  
2023

Our Tuckshop is located in O Block (under the PAC). It is operated as a service to families and all profits go back to the school.

Phone: (07) 3010 8201

Email: [tuckshop@wesspandc.org](mailto:tuckshop@wesspandc.org)

**P&C ASSOCIATION**  
**WEST END STATE SCHOOL**

**TUCKSHOP**

