



P&C Association

## WORONGARY STATE SCHOOL

### TUCKSHOP MENU - Effective 23 January 2017

OPEN: Monday-Friday 8:30am-2:00pm DIRECT DIAL PHONE: 5502 4426



P&C Association

\*\*\*Should your child have a food allergy, please ensure that this is clearly written on the bag or explained to tuckshop staff\*\*\*

#### ★ SANDWICHES (on white or wholemeal bread)

|                                                                     |            |
|---------------------------------------------------------------------|------------|
| <b>Sandwich Extras</b> - Toasted .....                              | add \$0.30 |
| - Lavash wrap or Bread roll .....                                   | add \$0.80 |
| - Gluten free bread .....                                           | add \$0.80 |
| - Salad ingredient or Cheese .....                                  | add \$0.50 |
| <b>Cheese</b> .....                                                 | \$1.70     |
| <b>Egg &amp; Mayo</b> .....                                         | \$2.30     |
| <b>Egg, Lettuce &amp; Mayo</b> .....                                | \$2.60     |
| <b>Ham</b> .....                                                    | \$2.70     |
| <b>Ham &amp; Cheese</b> .....                                       | \$3.20     |
| <b>Chicken &amp; Mayo</b> .....                                     | \$3.20     |
| <b>Salad</b> (lettuce, tomato, cucumber, carrot, beetroot, alfalfa) | \$3.50     |
| <b>Chicken or Ham with Salad</b> .....                              | \$5.00     |

#### ★ BURGERS & SPECIALTY SANDWICHES

|                                                                  |        |
|------------------------------------------------------------------|--------|
| <b>Beef Burger</b> with lettuce, tomato, carrot, BBQ/tom sauce   | \$4.50 |
| <b>Cheeseburger</b> beef, cheese, lettuce, tomato, carrot, sauce | \$5.00 |
| <b>Chicken Burger</b> with lettuce, tomato, carrot, mayo .....   | \$4.50 |
| <b>Delta Deli Wrap (toasted)</b>                                 |        |
| Chicken tenderloin, lettuce, tomato, cheese, caesar dressing     | \$5.00 |
| <b>Toasted Turkish Bread</b> - Chicken or Ham                    |        |
| with tomato, cheese & choice of sauce (mayo or sweet chilli)     | \$5.50 |

#### ★ SALADS

|                                                         |        |
|---------------------------------------------------------|--------|
| <b>Salad Bowl with Egg &amp; Cheese</b> .....           | \$3.00 |
| <b>Chicken Caesar Salad</b> .....                       | \$3.50 |
| <b>Chicken or Ham Salad Plate</b> with Egg & Cheese (S) | \$3.50 |
| (add 50c for tub of French or Caesar dressing) (L)      | \$6.00 |

#### SUSHI & VIETNAMESE ROLLS

|                                        |              |              |
|----------------------------------------|--------------|--------------|
| Available Wednesdays by pre-order only | 1 for \$2.90 | 2 for \$5.30 |
| Orders must be placed by 9am Tuesday   |              |              |
| See reverse for details                |              |              |

#### HOT FOOD

|                                                                |        |
|----------------------------------------------------------------|--------|
| <b>Chicken Wedges</b> .....                                    | \$3.00 |
| <b>Corn on the Cob</b> .....                                   | \$1.00 |
| ★ <b>Fried Rice</b> .....                                      | \$3.50 |
| <b>Hot Dog</b> with choice of sauce (tom/bbq/mustard) .....    | \$3.00 |
| <b>Hot Dog/Cheese</b> with sauce (tom/bbq/mustard) .....       | \$3.50 |
| <b>Meat Pie - Small</b> .....                                  | \$1.80 |
| <b>Meat Pie - Large</b> .....                                  | \$3.00 |
| <b>Potato Wedges</b> (topped with chicken, corn & cheese) .... | \$4.00 |
| <b>Sausage Roll</b> .....                                      | \$2.50 |
| ★ <b>Spaghetti Bolognese</b> .....                             | \$3.50 |

#### EVERYDAY MEAL DEALS

|                                            |        |
|--------------------------------------------|--------|
| <b>Chicken Wedges &amp; Sweet Corn Tub</b> | \$3.70 |
| <b>Chicken Wedges &amp; Carrot Sticks</b>  | \$3.70 |

#### FRESH FRUIT

|                                       |        |
|---------------------------------------|--------|
| <b>Apple Slinky</b> .....             | \$1.00 |
| <b>Fresh Grapes</b> (100ml tub) ..... | \$1.00 |
| <b>Orange Wedge</b> (1 piece) .....   | \$0.20 |
| <b>Watermelon Slice</b> .....         | \$1.00 |
| ★ <b>Fruit Salad - Small</b> .....    | \$1.50 |
| ★ <b>Fruit Salad - Large</b> .....    | \$2.80 |

#### SNACK ATTACK

|                                                             |        |
|-------------------------------------------------------------|--------|
| ★ ★ <b>ANZAC Biscuit</b> .....                              | \$0.80 |
| <b>Boiled Egg</b> .....                                     | \$0.80 |
| <b>Crunch Pack</b> (carrot sticks + grapes + cheese) .....  | \$1.70 |
| <b>Custard Cup</b> 100g .....                               | \$1.00 |
| <b>Mini Muffin</b> (blueberry or apple) .....               | \$1.60 |
| <b>Munch Pack</b> (cheese + crackers) .....                 | \$1.50 |
| ★ <b>Popcorn</b> .....                                      | \$1.00 |
| <b>Red Rock Chips</b> (sea salt or honey soy chicken) ..... | \$1.30 |
| <b>Smiths Chips</b> (salt n vinegar) .....                  | \$1.30 |
| <b>Yoghurt</b> 100g (strawberry or vanilla) .....           | \$1.20 |

#### EXTRAS

|                                                                 |        |
|-----------------------------------------------------------------|--------|
| <b>Sauce Sachet</b> (tomato/bbq/sweet & sour/sweet chilli) ..   | \$0.30 |
| <b>Sour Cream</b> .....                                         | \$0.50 |
| <b>Extra Plastic Fork or Spoon</b> .....                        | \$0.10 |
| <b>Brown Paper Bag</b> (free with <u>Online</u> ordering) ..... | \$0.10 |
| <b>Pack of 25 Brown Paper Bags</b> .....                        | \$2.00 |

#### ★ COLD DRINKS

|                                                             |        |
|-------------------------------------------------------------|--------|
| <b>Bottled Water</b> 600ml .....                            | \$1.50 |
| <b>Bottled Juice</b> 200ml (orange or apple) .....          | \$1.60 |
| <b>Fresh Milk</b> 300ml .....                               | \$1.50 |
| <b>Flavoured Milk</b> 300ml (chocolate or strawberry) ..... | \$2.00 |
| <b>Flavoured Milk</b> 250ml (banana pop top) .....          | \$2.00 |
| <b>Up &amp; Go</b> (chocolate, strawberry, vanilla) .....   | \$2.00 |

#### ★ FROZEN TREATS

*To be collected from Tuckshop with Prepaid Bag*

|                                                             |        |
|-------------------------------------------------------------|--------|
| <b>Frozen Fruit Stick</b> (99% fruit juice) .....           | \$1.00 |
| <b>Frozen Juice Cup</b> (orange, apple or app/blackcurrant) | \$1.00 |
| <b>Frozen Grapes or Pineapple Pieces</b> .....              | \$1.00 |
| <b>Frozen Orange Wedge</b> (1 piece) .....                  | \$0.20 |
| <b>Mini Calippo</b> (raspberry pineapple flavour) .....     | \$1.20 |
| <b>Frozen Yoghurt</b> 100g (strawberry or vanilla) .....    | \$1.20 |
| ★ <b>Iceberg</b> (frozen cube of yoghurt and fruit) .....   | \$0.50 |
| <b>Lemonade Bar</b> .....                                   | \$1.00 |
| <b>Fruitsicle</b> .....                                     | \$1.80 |
| <b>Choc Milk Bar</b> .....                                  | \$1.80 |
| <b>Split</b> (mango or raspberry) .....                     | \$2.20 |

#### BIRTHDAY CELEBRATIONS

*Birthday celebration platters/baskets are available and delivered to your child's class. Order by phone or in person 72 hours ahead.*

**Option 1: Frozen Treat Medley - \$25 per basket**

**Option 2: Freshly Baked Biscuits - \$20 per platter**

*Platter includes one item per student plus one for their teacher.*

★ *Made on site using fresh ingredients and local produce, where possible*

★ *Available for students in Grades 2-6 at Over the Counter Sales*

**Our menu is compliant with the Government Smart & Healthy Food and Drink Strategy**

## BREAKFAST MENU

Available 8:30am - 8:50am

Cash only (not available online). No bag required

### TUMMY FILLERS

|                                            |                    |
|--------------------------------------------|--------------------|
| Toasted Cheese Sandwich .....              | \$2.00             |
| Pikelets (pack of 2) .....                 | \$1.50             |
| Boiled Egg .....                           | \$0.80             |
| Yoghurt 100g (strawberry or vanilla) ..... | \$1.20             |
| Tub of Grapes .....                        | \$1.00             |
| ★Fruit Salad .....                         | (Small) ... \$1.50 |
| .....                                      | (Large) ... \$2.80 |

### BREAKFAST PACKS ..... \$2.00

Each pack is served with a plastic knife & choice of Jam, Honey or Vegemite sachet.

1. **English Muffin pack**
2. **Pikelet pack** (2 pikelets)
3. **Toast pack** (2 slices - wholemeal or white)  
for gluten free bread ..... add **\$0.80**

### BREAKFAST MEAL DEAL ..... \$3.50

Any Breakfast Pack & Drink of Choice

### COLD DRINKS

|                                                      |        |
|------------------------------------------------------|--------|
| Bottled Water 600ml .....                            | \$1.50 |
| Bottled Juice 200ml (orange or apple pop top) .....  | \$1.60 |
| Fresh Milk 300ml .....                               | \$1.50 |
| Flavoured Milk 300ml (chocolate or strawberry) ..... | \$2.00 |
| Flavoured Milk 250ml (banana pop top) .....          | \$2.00 |

**Our menu is compliant with the Government Smart  
& Healthy Food and Drink Strategy**

## HOW TO ORDER TUCKSHOP

Manual and online ordering are available. Online is preferred.

### ONLINE ORDERING (Preferred)

- On our school website, click on the link for "SCHOOLSHOP ONLINE" and follow the steps to set up an account.
- Note: Brown paper lunch bag provided for online orders.
- For more information, come and see us in the Tuckshop.

### MANUAL ORDERING

- Use a separate brown paper bag for each break (available from tuckshop for 10c each or \$2 for 25).
- Write out orders on each bag as per the example on the right.
- Place money in bag and fold to secure. Please no staples or tape.
- Your child can then place their order in the appropriate tuckshop basket in their classroom.

#### Example:

#### Little Lunch

#### Child's Name – Class

|                 |               |
|-----------------|---------------|
| Cheese sandwich | \$1.70        |
| Chocolate milk  | <u>\$2.00</u> |
|                 | \$3.70        |

\$5.00 in bag  
\$1.30 change

## HOW TO ORDER SUSHI & VIETNAMESE ROLLS

Manual and online ordering are available. Online is preferred.

### PRE-ORDER SUSHI ONLINE (Preferred)

- Choose Tuesday as the 'Delivery Date' to access the 'Wednesday Sushi (pre-ordering)' Meal Session and Menu. (Must be done prior to 9.00am Tuesday cut-off time)

- Click on  icon next to choice of '1 Roll' or '2 Rolls'
- Click on  Flavour to select variety/ies before adding to your cart and completing your order/payment.

### PRE-ORDER SUSHI MANUALLY

- Please complete your order on a brown paper bag as per the Manual Ordering instructions above.
- Be sure to note the quantity and variety/ies required.

|                                     |                                   |                      |
|-------------------------------------|-----------------------------------|----------------------|
| <b>Sushi Varieties:</b>             | Avocado (GF)                      | Chicken Avocado      |
| Salmon Avo (GF)                     | California                        | Chicken Honey Soy    |
| Tuna Avocado                        | Beef Teriyaki                     | Chicken Lettuce Mayo |
| Tuna Mayo                           | Vege Carrot (GF)                  | Chicken Teriyaki     |
| Tuna Sweet Chilli                   | Vege Green (GF)                   | Chicken Sweet Chilli |
| <b>Vietnamese Rice Paper Rolls:</b> | Chicken Teriyaki or Beef Teriyaki |                      |

## ADDITIONAL INFORMATION

- **Should your child have a food allergy, please ensure that this is clearly written on the bag or explained to the tuckshop staff.**
- Tuckshop is closed on the last day of each Term.
- Frozen items will not be put into Tuckshop bags. Children are to collect these from the Tuckshop by presenting their prepaid bag. For Grades 2-6, over the counter purchase is an option at Big Lunch. Please note that a **\$5 note is the maximum** allowed.
- Substitute items may be given if incorrect money supplied or stock unavailable.
- If break is not specified children will be given their order at Big Lunch.



If you are interested in joining our wonderful Tuckshop team or would like to know more about what's involved in volunteering, please feel free to stop by or call us.

Ask for Michelle or Jasmine.

No pressure and no lock-in contracts!  
We just need a spare hand every now and then.

*Grab a friend & come on in,  
volunteer and have a laugh or two  
The benefits of volunteering are  
that you stay younger - it's true!  
Your friends will think you're a saint and so will we  
Come on in and help your school community*

See you at the Tuckshop!!

