


# MY SCHOOL TUCKSHOP


**DID YOU KNOW?** Our tuckshop's primary aim is to offer quality food choices at affordable prices that children enjoy while fuelling them for their school day. Our volunteers are the key to providing this service to our families.

## SNACKS

Cup Cakes 🏠 (Flavours vary)	\$1.00
Choc Chip Biscuits 🏠	\$1.00
Jelly Cup 🏠 (Flavours vary)	\$1.00
Chocolate Moose 🏠	\$1.00
Popcorn	\$1.00
Red Rock Chips (Honey Soy or Sea Salt)	\$1.50
Banana Loaf 🏠	\$1.50
Apple Tea Cake 🏠	\$1.50
Raspberry & White Choc Muffins 🏠 	\$1.50
Snack Pack 🏠 (Rice crackers, cheese, carrot & Sultanas)	\$2.00
Mini Oreos 🏠	\$0.50

Ice Blocks are available over the counter.  
Ranging between \$0.50 and \$2.00.

## FRUIT

Apple Slinky 🏠 (Or Bring your own and we will slinky for FREE)	\$1.00
SPC Fruit Pots (Two fruits or fruit salad)	\$1.00
Yoghurt Berry Crunch 🏠 	\$2.00 (Greek Yoghurt, berries and oat crumble)

## DRINKS

Water	\$2.00
Nudie Fruit Juice (Orange or Apple)	\$2.00
Big M (Chocolate & Strawberry)	\$2.00
Quench Flavoured Water (Cola, Apple & Raspberry, Blue Haven, Lemon & Lime)	\$2.00
Milo Popper	\$2.00
Iced Tea (Peach or Raspberry)	\$2.00




# TUCKSHOP



When you see this symbol it means it was hand made for you in the tuckshop.

DID YOU KNOW? All meals are available 1<sup>st</sup> Break, MON, WED and THURS. FRIDAY we run a Rotating Menu and all other hot food will be unavailable. HOW TO ORDER... Place your order online via Flexischools by 8.30am on tuckshop day. Snack items are subject to volunteer availability.

## HOT FOOD

Mash Potato and Gravy 🏠	\$1.00
Party Pie	\$1.00
Spring Rolls (3 pack)	\$2.00
Quiche 🏠 (Vegetarian available)	\$2.00
Quiche with Salad 🏠	\$4.50
Chicken Nuggets (3 pack)	\$2.00
Lasagna	\$4.00
Fried Rice (GF) 🏠 (Vegetarian available)	\$4.00
Spaghetti Bolognese 🏠 (Add cheese for \$0.50)	\$4.00
KSC Wrap 🏠 (KSC Chicken, Lettuce and Mayo)	\$4.50
Chorizo, Chicken and Sweet Potato Paella 	\$5.00
Caesar Salad Wrap 🏠	\$6.50

## Sandwiches and Wraps

Vegemite or Strawberry Jam 🏠	\$2.00
Cheese 🏠	\$2.50
Ham 🏠	\$3.00
Chicken 🏠	\$4.00
Salad 🏠 (Lettuce, tomato, carrot, beetroot, cucumber and Red Onion)	\$4.00
Chicken Wrap 🏠 (Diced chicken breast, lettuce & Mayo)	\$4.50
Optional Extras	
Toasted	\$0.50
Cheese	\$0.50
Sliced Tomato	\$0.50
Salad	\$2.50
Hard Boil Egg (STAFF ONLY)	\$0.50

## Sauces


Tomato, BBQ, Mayo, Sweet Chilli or Soy Sauce.	\$0.50
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# TUCKSHOP

WE WANT YOU! Our tuckshop is a great place to catch up with others and to contribute to the school. Students love to see someone they love in the tuckshop during their break. Shifts are only 9am till midday. Why not get together a team from your class to come in once in a while?





## SALADS

<b>Salad Box</b> (Lettuce, Tomato, Carrot, Cheese, Beetroot, Red Onion, Cucumber, Pineapple)	\$6.00
<b>Salad Cup</b> (Lettuce, Carrot, Tomato & Beetroot)	\$2.00
<b>Couscous Salad</b> (Moroccan seasoning, tomato, cucumber, pineapple & Carrot)	\$4.00
<b>Pasta Salad</b>  (Pasta, Mayo, Corn, Cheese, Tomato)	\$4.00
<b>Add a Dressing</b> (Caesar Dressing, French Dressing, Italian Dressing, or Mayo)	\$0.50

## MAD MEAL DEALS (Save 50c)

Add Popcorn + 600ml Water 	\$2.50
Add Salad Cup + 600ml Water 	\$3.50
Add Snack Pack + 600ml Water 	\$3.50

## DAILY SPECIALS

<b>MONDAY – MEATBALL SUB</b>   (Home made meatballs, lettuce and mayo on a hot dog bun.)	\$4.00
<b>WEDNESDAY - PIZZAS</b> 	
Cheese	\$1.50
Ham & Cheese	\$2.00
Pineapple & Cheese	\$2.00
Ham, Pineapple & Cheese	\$2.00
Vegetarian	\$2.00
Chicken	\$2.50
<b>THURSDAY – HOTDOGS &amp; BURGERS</b> 	
Hotdog (Add Cheese \$0.50)	\$3.00
Cheese Burger	\$3.50
Hamburger with salad	\$4.50





# FAB FRIDAY'S

## TERM 1

2/3/18	2 x Mini Taco Boats (Beef, Lettuce, Carrot & Cheese)	\$4.00
9/3/18	Chicken Carbonara (Chicken, Pasta, Cheese, White Sauce, Bacon)	\$4.50
16/3/18	Nachos (Beef mince, Nachos Chips, & Cheese Sauce)	\$4.00
23/3/18	Sushi*	\$3.00

**\*Orders close one week before on the 16<sup>th</sup> March.**

### NOTE:

Each Friday we run a special item. This varies from week to week and can be a brand new item or a returning favorite. The roster for these items is distributed at the beginning of each term. This item is sold concurrently with our salads, sandwiches, drinks and over the counter options. No other hot food is able to be order on Fab Fridays. These will start week 6 of term 1.

## TERM 2

20/4/18	2 x Rice Paper Rolls (Lettuce, Carrot, Cucumber, Rice Noodles & either Pork, Chicken or Vegetarian)	\$4.00
27/4/18	Potato Bake (Potato, Sweet Potato, Bacon, Cream & Cheese)	\$4.00
4/5/18	Mini Taco Boats	\$4.00
11/5/18	Chicken Carbonara	\$4.50
18/5/18	Nachos	\$4.00
25/5/18	Asian Dumplings (Pork, Chicken or Vegetarian)	\$4.50
1/6/18	Mini Taco Boats	\$4.00
8/6/18	Chicken Carbonara	\$4.50
15/6/18	Nachos	\$4.00
22/6/18	Pulled Pork Sliders	\$4.00
29/6/18	Sushi*	\$3.00

**\*Orders close one week before on the 22<sup>nd</sup> June.**



# TUCKSHOP

## BIRTHDAY DEALS



30 Iced Cupcakes **\$20**  
(Chocolate or Vanilla)

30 Gluten Free Cupcakes **\$20**

Platter of Seasonal Fruit **\$15**

30 Zooper Doopers **\$15**

- Is your child's birthday coming up?
- Do they want cupcakes, ice blocks or fruit for their class?
- Are you running short on the time or the energy to be baking?

We have a solution for you. We will be your time saviour and do all the work for you. Simply pop in and talk with Mel or email [jhsstuckshop@gmail.com](mailto:jhsstuckshop@gmail.com) a minimum of 5 days prior to the day and we can organise a drop off to their classroom for a very reasonable price. We will deliver to your child's classroom Monday, Wednesday, Thursday or Friday after midday. Your child's teacher can then organise to hand out the treat at a suitable time.

## DONATIONS

The Tuckshop is operated by the Jamboree Heights State School P&C Association and is a not-for profit business. To keep costs down and keep our menu items as affordable as possible the Tuckshop gratefully accept donations of food, pantry items & general supplies.

- Low fat Mayonnaise
- Self-Rising Flour
- Tinned Pineapple Slices
- Tinned Crushed Tomatoes
- Tomato Sauce
- BBQ Sauce
- Mild Mustard Sauce
- Pasta (Dry)
- Chocolate Chips
- Brown Paper Bags
- Plastic Forks
- Plastic Teaspoons
- Plastic Spoons
- Plastic Dessert Spoons
- Alfoil (Tin Foil)
- Cling wrap
- Glad Bake
- Cooking Oil Spray
- Margarine
- Zooper Doopers
- Frozen Peeled Bananas
- Greens Butter Cake Mix
- Greens Chocolate Cake Mix
- Long Life Milk
- Brown Sugar
- Caster Sugar
- 10 pk Popcorn (Cool Pack)
- Gluten Free Cake Mix.

