



TUCKSHOP MENU

Monday, Tuesday, Thursday, Friday
Closed Wednesday

Salad consists of tomato, lettuce, carrot, cheese, cucumber.

	SANDWICH	ROLL/WRAP	SUSHI
*Ham/Chicken	\$2.50	3.00 3.50	*Chicken Teriyaki \$3.00
*Ham, Cheese & Tomato	3.00	3.50 4.00	*Tuna & Mayo 3.00
*Ham & Salad	4.00	4.50 5.00	*Cucumber & Carrot 3.00
*Ham or Chicken with cheese	3.00	3.50 4.00	SANDWICHES, WRAPS, TUBS
*Chicken & Salad	4.00	4.50 5.00	HAMBURGERS, HOTDOGS,
*Egg	3.00	3.50 4.00	CHEESE BURGERS, LASAGNE,
*Egg & Lettuce	3.50	4.00 4.50	MACARONI CHEESE, SUSHI
*Salad	3.50	4.00 4.50	MUST BE PRE-ORDERED
*Salad Tubs	4.00		Half Wraps- \$3.50
*Chicken/Ham/Tuna& Salad Tub	4.50		Wholemeal/white/GF bread

HOT		SNACKS	
# Hamburgers Meat, lettuce, tomato, cheese.	\$4.00	GF Banana Bread	\$3.50
# Cheese Burger Meat, cheese	3.50	*Fruit Custard Cups	2.50
# Chicken Nuggets (5)	2.50	*2 Jatz Biscuits with Cheese	0.50
#Potato Hash browns (6)	2.50	*Frozen Yoghurt Strawberry/Mango/Raspberry	2.50
# Nuggets & Hash browns (5+3)	3.50	*Seasonal Fruit (Banana, Apple, Orange) Fresh fruit tub	1.00 3.50
# Meat Pie (low Fat)	3.50	# Muffins – Chocolate	2.50
# Mini Pie	1.30	>Potato Chips -25g- Honey Soy chicken / sea salt	2.00
#Macaroni & Cheese # Fried Rice	3.50	*Sachet Sauces – Tom / BBQ/ Mayo/ Soya Sauce	0.50
# Sausage Roll (low Fat)	3.00	DRINKS	
# Beef Lasagne includes fork # GF Vegetable Lasagne	3.50 3.50	*Poppers 250ml Orange / Apple / Tropical / Apple Black Current. 100% Juice	2.00
#Spinach & Ricotta Rolls	3.50	*Big M popper milk 250ml Choc/Strawberry	2.00
Hotdog Hotdog with cheese	3.00 3.50	*Milk Drink300ml-Choc/Strawberry	2.20
		Water	2.00
		Plain Milk 250ml	2.00

HOW TO ORDER – ONLINE

- Place your order online at –
- www.flexischools.com.au

HOW TO ORDER- PAPER BAG

- Write order on a paper lunch bag
- Please use a SEPARATE bag for 1st, and 2nd break
- Please clearly Label: Name / 1st or 2nd break/ Class / Order

Queensland Health Guidelines Smart Choices

Green = Have Plenty

Orange = Select Carefully

Red = Occasional