

Flexischool Menu

Tuckshop Menu – Term 1, 2018

First Break (only)	Choices	Price	Healthy Salads & Snacks	Choices	Price Small	Price Large
Monday			Garden Salad		\$4.00	\$5.20
	Chicken Parmagiana & Potato Wedges	\$5.50	Ham & Salad		\$4.00	\$5.20
	Cheesy Meatball & Salsa Wrap	\$5.00	Caesar Salad		\$4.00	\$5.20
Tuesday			Chicken Salad		\$4.00	\$5.20
	Traditional Beef Burger	\$5.00	Sushi (Teriyaki)		\$3.50	
	Nachos w Mince	\$5.00	Fruit Salad		\$4.00	
Wednesday			Fruit Piece		\$1.40	
	Butter Chicken & Rice	\$5.00	Yoghurt Tub (Vanilla) 150ml		\$2.00	
	Grilled Lamb Souvlaki Wrap	\$5.00				
Thursday			Sandwiches		Price	
	Pizza (available first & second break)	\$4.50	Vegemite / Raspberry Jam / Honey		\$1.60	
	Lasagne w Potato Wedges	\$5.00	Cheese		\$2.20	
Friday			Garden Salad		\$4.00	
	Chicken Pasta Salad	\$5.00	Ham & Cheese		\$3.90	
	Sweet Chilli Chicken Wrap	\$5.00	Ham, Cheese & Tomato		\$4.00	
Daily			Egg, Lettuce, Mayo		\$3.50	
	Hot Dog	\$3.80	Chicken, Lettuce, Mayo		\$4.20	
	Chicken Garlic Balls (3)	\$4.00	Chicken, Avocado & Lettuce		\$4.00	
	Chicken Wedges (Goujons)	\$3.80				
	Spring Rolls (medium) (3)	\$3.50	Chicken Caesar		\$4.00	
	Hash Brown	\$1.00	Roast Beef & Salad		\$4.20	
	Wedges Small	\$2.50	Wraps		Price 1/2	Price Full
	Wedges Large	\$3.80	Ham & Salad		\$3.20	\$5.20
	Sausage Roll	\$3.00	Garden Salad		\$3.20	\$5.20
	Cheese & Spinach Roll	\$4.00	Chicken & Salad		\$3.20	\$5.20
	Plain Meat Pie	\$4.00	Sweet Chilli Chicken & Salad		\$3.20	\$5.20
	Plain Mini Meat Pie	\$1.20	BLT (Bacon, Lettuce & Tomato)		\$3.20	\$5.20
	Corn Cob	\$1.50	Chicken, Cheese, Avocado		\$3.20	\$5.20
	Garlic Bread 1/2	\$2.00	Bacon, Avocado, Tomato, Cheese		\$3.20	\$5.20
	Garlic Bread Full	\$3.00	Sweet Treats		Price	
	Noodle Cup	\$3.00	Jelly Cup (Raspberr) 150ml		\$2.00	
Beverages			Chocolate Mousse 150ml		\$2.00	
	Water 600ml	\$1.60	Muffin (Chocolate) 120g		\$3.50	
	Flavoured Mineral Water 350ml	\$3.00	Banana Bread		\$3.00	
	Lipton Ice Tea 500ml	\$4.50	Popcorn		\$1.50	
	Plain Milk 200ml	\$1.60	Red Rock Chips		\$1.50	
	Flavoured Milk 300ml	\$3.00	Zooper Dooper		\$1.00	
	Flavoured Milk 500ml	\$4.20	Streets Lemonade Icy Twist		\$1.50	
	Just Juice Popper	\$2.50	Streets Chocolate Paddle Pop		\$1.50	
	Dare - Espresso 500ml	\$4.50	Streets Choc Shaky Shake 150ml		\$3.00	
	Dare - Mocha 500ml	\$4.50	Bulla Frozen Yoghurt		\$3.00	
			Zing Sour Ice Bar		\$1.50	
			Pikelets (2)		\$1.50	
			Sao Crackers (2)		\$1.50	
			Frozen Pineapple Ring		\$0.50	