

- **Tuckshop Information** -

- ☺ Tuckshop opens at 8.30am
- ☺ Please PRINT child's NAME and CLASS on paper bag/s
- ☺ Two (2) bags if ordering Hot & Cold Food or more than (2) items
- ☺ Write Order on the first bag and put money in the bag
- ☺ Please use Biro or Marker pen to write on bag/s
- ☺ Orders to Tuckshop by 9.30am
- ☺ Big Lunch 1<sup>st</sup> Break is 11.00am.  
Hot food and sandwiches etc are prepared for this break only.  
Students may purchase snacks, drinks, ice-creams at 2<sup>nd</sup> Break. These may be pre-ordered at the tuckshop or on the tuckshop bag
- ☺ No over the counter sales at 1<sup>st</sup> Break
- ☺ If your child's order and bag is incorrect, please ask them to see the Convenor immediately to rectify any problems
- ☺ Any concerns or queries, please contact Alison-Tuckshop Convenor on 3805-7999
- ☺ If your Child/ren have any Allergies PLEASE contact the Tuckshop Convenor and Administration IMMEDIATELY.
- ☺ Prices may change due to unforeseen price rises
- ☺ Substitutes may be made if insufficient money is enclosed or stock is unavailable.



**EDENS LANDING STATE SCHOOL  
TUCKSHOP Menu 2012**

Open Monday to Friday

Convenor – Alison Astolfi – 3805 7999

☺ This menu complies with the Smart Choices Healthy Food & Drink Supply Strategy for Queensland Schools ☺

**SANDWICHES:-**

*(Wholemeal bread is used for sandwiches)*

<b>Salad</b> ( <i>basic salad</i> )	<b>\$2.75</b>
<b>Tuna</b> ( <i>in spring water</i> )	<b>\$2.50</b>
<b>Tuna &amp; Salad</b> ( <i>basic salad</i> )	<b>\$3.85</b>
<b>Ham</b> ( <i>98%fat free</i> )	<b>\$2.20</b>
<b>Ham &amp; Salad</b> ( <i>basic salad</i> )	<b>\$3.75</b>
<b>Chicken</b> ( <i>100% breast meat</i> )	<b>\$4.00</b>
<b>Chicken &amp; Salad</b> ( <i>basic salad</i> )	<b>\$4.75</b>
<b>Egg</b>	<b>\$1.75</b>
<b>Egg &amp; Lettuce</b>	<b>\$2.20</b>
<b>Cheese</b> ( <i>sliced or grated</i> )	<b>\$2.00</b>
<b>Cheese &amp; Tomato</b>	<b>\$2.50</b>
<b>Baked Beans</b>	<b>\$1.75</b>
<b>Vegemite</b>	<b>\$1.50</b>
<b>TOASTED Sandwich add</b>	<b>.50c</b>
<b>Extras:-</b>	
Beetroot	<b>.50c</b>
Cheese	<b>\$1.00</b>
Egg	<b>.60c</b>
Avocado	<b>.80c</b>
Bread Roll	<b>.50c</b>
<b>Basic Salad</b> ( <i>Lettuce, Tomato, Cucumber, Carrot</i> )	

## Design your Own:-

**Step 1 - Choose your Turkish/Focacias** **\$1.60ea**

**Step 2 – Choose Meat Chicken/Ham/Tuna** **\$1.75ea**

**Step 3 – Choose your Salad Filling**

- Lettuce	-.50c
- Tomato	-.50c
- Cheese	-\$1.00
- Beetroot	-.50c
- Cucumber	-.50c
- Carrot	-.30c
- Red Onion	-.20c
- Mayo 97% fat free	-.10c
- Egg	-.60c
- Avocado	-.80c
- Bacon	-\$1.00

**MSK Pocket :-** **\$4.00**

*Lavash bread filled with warm chicken fillet, mayo lettuce & tomato.*

**Wrap :- Chicken & Salad, Ham & Salad or Tuna & Salad** **\$5.00**

*Lavash bread filled with basic salad, mayo and cheese.*

**Salad Boxes :- Chicken, Ham or Tuna** **\$5.00**

*Made with lettuce, Tomato, carrot, cucumber, cheese and your Choice of Mayo or dressing*

**Breakfast :- available 8.30-9.30am**

*Raisin Toast (2clices) and choice of small flavoured milk or juice* **\$4.00**

*2 X Slices Toast with Vegemite + Small Flavoured Milk or Juice* **\$3.00**

**Fresh Fruit** (seasonal)..... **\$1.00**

Bring your own apple and have it SLINKYED..... **.20c**

**Extras :-**

Spoons.....	<b>.10c</b>	Custard & Spoon.....	<b>\$1.00</b>
Fork.....	<b>.10c</b>	Cookie.....	<b>\$1.50</b>
Bags.....	<b>.10c</b>	Gingerbread man.....	<b>\$1.50</b>
Lamingtons.....	<b>\$1.20</b>	Cheese Stringers.....	<b>\$1.00</b>
Tomato Sauce..	<b>.20c</b>	BBQ Sauce.....	<b>.20c</b>

## HOT FOOD

<b>Cheese &amp; Bacon Rolls</b> (warm or cold)	<b>\$1.50</b>
<b>Vegemite Scrolls</b> (warm or cold)	<b>\$1.50</b>
<b>Margarita Pizza</b>	<b>\$3.00</b>
<b>Kool Skool Sausage Rolls</b> (5% sat fat)	<b>\$2.50</b>
<b>Kool Skool Pie</b> (5% sat fat)	<b>\$3.00</b>
<b>Kool Skool Snack Pie</b>	<b>\$1.75</b>
<b>Kool Skool Potato Pie</b>	<b>\$3.50</b>
<b>Corn on the Cob</b>	<b>\$1.10</b>
<b>5 x Chicken Nuggets</b>	<b>\$3.00</b>
<b>Hot Dog</b>	<b>\$2.50</b>
<b>Hot Dog with Cheese</b>	<b>\$3.00</b>
<b>Mexican Potato Skins</b> (2 per serve)- Lean mince, beans, taco seasoning, cheese and sour cream. <b>Extras:</b> Bacon- \$1.00, Avocado- .80c, Sweet Chilli- .20c	<b>\$4.50</b>
<b>Chicken Potato Skins</b> (2 per serve)- Chicken with cheese, tomato and mayo	<b>\$4.50</b>
<b>Baked Beans Skins</b> (2 per serve) - with cheese	<b>\$3.50</b>
<b>Hamburger</b> with lettuce, tomato and sauce (<5% sat fat)	<b>\$4.50</b>
<b>Chicken Burger</b> with lettuce, tomato and mayo	<b>\$4.00</b>
<b>Lasagne</b>	<b>\$3.50</b>

### CHIPS:-

### ICE BLOCKS:-

JJ Noodles	\$1.20	Paddle Pop - Chocolate/Rainbow	<b>\$1.50</b>
Red Rock - 28g	\$1.20	Frozen Yoghurt -	<b>\$1.60</b>
Honey Soy/Original		Strawberry/Mango	
Popcorn	\$1.00	Fruit Ice Stick	<b>.50c</b>
Jumpys - 20g	\$1.00	Icy Twist - Lemonade	<b>\$1.50</b>
Cheesters	\$1.00	Calippo	<b>\$1.00</b>

### DRINKS:-

### Flavoured Milk:-

<b>Bottle Water 600ml</b>	<b>\$1.50</b>	<b>Chocolate Milk– Large-500ml</b>	<b>\$3.00</b>
		- <b>Small -300ml</b>	<b>\$2.00</b>
<b>LOL –Carbonated Fruit Juice</b>	<b>\$1.80</b>	- <b>Mini (pop top) – 250ml</b>	<b>\$1.75</b>
<b>Frozen Fruit Juice Cup</b> <i>-Apple-Orange-Pineapple</i>	<b>.60c</b>	<b>Strawberry Milk–Large-500ml</b>	<b>\$3.00</b>
		- <b>Small – 300ml</b>	<b>\$2.00</b>
		- <b>Mini (pop top) – 250ml</b>	<b>\$1.75</b>
<b>Classic Juice 350ml</b> <i>Orange/Apple</i>	<b>\$2.00</b>	<b>Banana Milk – Large-500ml</b>	<b>\$3.00</b>
		- <b>Mini (pop top)– 250ml</b>	<b>\$1.75</b>
<b>Slushie</b>	<b>\$1.50</b>	<b>Quench – Mineral Water</b>	<b>\$1.50</b>
<b>Popper Tetra Pak 250ml</b> <i>Apple, Orange, Tropical, Apple/Blackcurrant</i>	<b>\$1.20</b>	<b>Mini Popper Tetra Pak 125ml</b> <i>Apple, Orange, Tropical, Apple/Blackcurrant</i>	<b>\$1.00</b>