

Our menu is compliant with the QLD Government Smart Choices Healthy Food & Drink Strategy.

GREENBANK STATE SCHOOL TUCKSHOP SUMMER MENU 2017/2018

****Volunteer at the Tuckshop anytime (3380 3241) ****

Online ordering is available at www.flexischools.com.au

CHECK OUT FLEXISCHOOLS AND BLACKBOARD FOR WEEKLY SPECIALS

Breakfast (available from 8.15 – 8.45am)

OVER COUNTER ONLY

600ml Bottled Water	\$1.20
250ml Juice popper	\$1.50
Cup of Fresh Milk	\$1.00
Flavoured lite milk 250ml	\$2.50
1 Slice of Toast	\$1.00
(choice of honey, vegemite or jam)	
1 Slice of Fruit toast	\$1.20
Fresh fruit	\$1.00
Hot Pancakes	\$1.20
(choice of honey, maple syrup or jam)	
Yoghurt – fresh, low fat	\$2.00
Up & Go Breakfast Drink	
(Choc / Strawberry / Banana)	\$2.50

Sandwiches & Rolls

Pre-order only

1 slice white/1 slice

wholemeal unless ordered

Cheese	\$2.00
Vegemite	\$2.00
Cheese & Tomato	\$3.00
Cheese & Pineapple	\$3.00
Chicken	\$3.00
Leg Ham	\$3.00
Tuna	\$3.00
Egg or Curried Egg	\$3.00
Salad*	\$4.00

Salad includes lettuce, tomato, carrot, cucumber, beetroot and mayonnaise

*Add Roast Chicken or Leg Ham or Tuna for **\$1.50 extra**

Avocado for **\$1.00 extra**

Extra fillings 50c each

Have it on a bread roll for an **extra 60c**

Wraps

Salad	\$4.00
*Add Roast Chicken or Leg Ham or Tuna for \$1.50 extra	
Add Avocado for \$1.00 extra	
Salad includes lettuce, tomato, carrot, cucumber, beetroot & mayonnaise	

Salad Tubs

Salad Tub	\$4.50
Lettuce, tomato, beetroot, carrot, egg, cucumber, pineapple & mayonnaise	
Add Cheese	.50
Caesar salad - Lettuce, shaved parmesan cheese, bacon, croutons, & caesar dressing	\$5.00
*Add Roast Chicken or Leg Ham or Tuna for \$1.50 extra!	

Gluten Free Range

Fish cakes, muffins, toasted sandwiches, frittata, wraps.

Ask staff for assistance and prices

Drinks

600ml Bottled Water	\$1.20
250ml Juice popper	\$1.50
Cup of Fresh Milk	\$1.00
250ml Flavoured Lite Milk	\$2.50
(Choc, Strawberry)	
Iced Tea Lemon or Peach	\$2.50
Up & Go Breakfast Drink	
(Choc, Strawberry, Banana)	\$2.50
Milo Milk	\$2.50

HEALTHY CHOICE MEAL DEAL

Mini Salad Tub with choice of Ham, Tuna or Chicken. Bottle of Water and Snack **\$5.00**

Hot Food - Everyday

Corn on the cob	\$1.00
Home made Fried Rice	\$4.00
Home made macaroni cheese	\$4.00
H/Made Bacon & Cheese Pizza	\$3.00
Seasoned potato wedges	\$2.50
Chicken Breast Burger with salad & mayo (lett/tom/carrot/beetroot/cucumber)	\$4.60
Snack beef pie or snack beef potato pie	\$2.50
Lasagne	\$4.00
Cheese Toasty	\$2.50
Cheese and Tomato Toasty	\$3.50
Cheese and Pineapple Toasty	\$3.50
Toasted ham or chicken Focaccia with cheese, avocado and pineapple	\$5.00
Fish fingers x 2	\$1.00
Fish fingers x 2 and wedges	\$3.00
<u>Sauce Sachets</u> (BBQ, tomato, sweet chilli and sour cream)	.30

TERM 4 BUDGET MEAL

Greenbank Chicken Strip Sub with lettuce & mayonnaise

Juice Popper and a muffin **\$5.50**

❖ Save time and register now with www.flexischools.com.au

Snacks & Treats

Yoghurt tubs	\$2.00
Orange cut into ¼ & wrapped	\$1.00
Pear/Apple sliced & wrapped	\$1.00
BYO Apple/Pear and get it sliced	Free
Fruit & Jelly Cups	\$1.50
Custard Cups	\$1.30
Fresh Fruit Salad tub	\$2.00
Assorted home-made muffins	\$1.50
Dip & cracker or vegetable sticks	\$1.20
Popcorn	\$1.20
Assorted chips	\$1.50
Assorted slices	.60
Rice Crackers	.10
Boiled egg	.60
Cheese Stick	\$1.00
Lunch Pack	\$2.50

SECOND BREAK ONLY!

Frozen Treats

Juicy Stick 60c

Icy Twist \$1.30

Calipo \$1.20

Paddle Pops \$1.60

Slushie \$2.20

Paddle Pop \$1.60