

HEALTHY LUNCHES

SEE COLOUR CODE ON THE FOLLOWING MENU

EVERYDAY FOOD = E  
Everyday food to be enjoyed every day

OCCASIONAL FOOD = O  
Occasional or "some-times" food

SOME PRODUCTS ARE ALSO MARKED (V); VEGETARIAN

During Recess and Lunch Times there will be a variety of home-made snacks and meals available

Snacks 50c/\$1.00  
Bowl \$2.50

These rotate weekly and will be listed on the school newsletter



Qkr Lunch Order App is available to download.

**STEP 1** - Download Qkr! from you app on your phone - search "qkr! by masterpass" for Android and "qkr! by mastercard" for iPhones. Available on the App Store or for Android through Google play.

**STEP 2** - Proceed to open the App

**STEP 3** - Sign Up - Enter your Email Address then 2 options will appear - Login & Sign Up - Please select the "Sign up" option. At this stage you will be asked to enter your contact details into the app. Important -Continue on. See our website tuckshop & notes page for all information and instructions.

ENQUIRIES – 6021 4464

Anne Phegan, Tuckshop Co-ordinator  
BSB 062500 ACC 00931193

Ref: lunch/child's name



WEDNESDAY, THURSDAY, FRIDAY

Tuckshop Volunteers

Welcome to all parents to our Tuckshop Program. Volunteering to help at the tuckshop is a great way of getting to know other families and is also a very enjoyable experience.

We require volunteer parents or grandparents who help make this service possible. Our roster is run on a monthly basis; if you can be at the tuckshop by 9:30am and usually finish by 2pm Wednesdays, Thursdays & Fridays.

Serving Times

Wednesday, Thursday & Friday

RECESS 10:50 – 11:20 AM

LUNCH 1:25 – 1:55 PM

TUCKSHOP IS UNDER THE GUIDANCE OF THE NSW CANTEEN ASSOCIATION and A LOCAL DIETICIAN

3 days Wednesday, Thursday & Friday Weekly

PRICE LIST

PRICE LIST 2019



Re-Usable Lunch Bag

\$8

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## TERMS 3 & 4

### OVER THE COUNTER ROTATING SNACKS

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#### TRAIL MIX (V) NO NUTS

Changes weekly, may contain pretzels, dried fruit, banana chips, seeds

\$1.50

#### WEEKLY SPECIALS: SNACKS

##### HOME-MADE

##### ROTATING WEEKLY

#### CHECK THE NEWSLETTER OR SCHOOLSTREAM

E.g. pinwheels, mini muffins, slices,  
quiches, mini-sausage rolls

50c & \$1.00

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WEEKLY SPECIALS: – BOWL \$2.50

#### CHECK THE NEWSLETTER FOR WEEKLY SPECIALS

EXAMPLES: FRIED RICE, SOUP,  
CURRIED SAUSAGES, PASTA BAKE

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## OVER THE COUNTER

### SNACKS + TREATS + DRINKS

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#### DRINKS

##### WATER

##### APPLE JUICE

##### ORANGE JUICE

##### CHOCOLATE MILK

##### STRAWBERRY MILK

\$2.50

#### HOME-MADES: MILK OR JUICE

##### CUPS

##### FROZEN MILK FLAVOURED CUPS

##### FROZEN JUICE APPLE OR

##### ORANGE

\$1.00

#### GARLIC BREAD (V)

##### SERVED WARM

\$1.50

#### HOT CHEESY BREAD (V)

50c

#### MEUSLI SLICE (V)

##### HOME MADE

50c

#### NACHOS (V)

\$2.50

#### POPCORN(V)

##### HOME MADE

\$1.50

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## TERMS 3 & 4

### LUNCH ORDERS

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#### HOT DOG

##### WITH OR WITHOUT SAUCE

\$4.00

#### PARTY PIES

##### +SAUCE +20c

\$1.00

#### CHICKEN FINGERS (5)

##### +SAUCE +20c

\$3.50

#### SAUSAGE ROLLS

##### WITH OR WITHOUT SAUCE

\$4.00

#### CHICKEN BURGER

##### PLAIN

\$4.50

#### OR + LETTUCE, CHEESE, MAYO

\$5.00

#### SANDWICHES, ROLLS, WRAPS, BOWLS

##### CHICKEN & SALAD

##### HAM & SALAD; CHICKEN;

##### SUPER SALAD

\$5.50

#### VEGEMITE OR CHEESE SANDWICH

\$2.50

#### TOASTIES

##### CHEESE / HAM & CHEESE / BAKED

##### BEANS / SPAGHETTI

\$3.50

#### CHICKEN TOASTIE

\$4.00