

EPSS
**TUCKERBOX
 MENU**
 2022

*Sandwiches/ Rolls/
 Wraps*

Vegemite or Jam	1.60	Ham (GF)	2.10
Cheese	2.10	Ham & Salad	4.50
Cheese & Vegemite	2.20	Chicken	2.50
Egg & Mayonaise	2.50	Chicken & Salad	5.00
Egg & Lettuce	3.00	GF bread option	0.80
Salad	4.20		

*Toasted sandwiches
 (first break only)*

Cheese	2.60
Ham	2.60
Ham & Cheese	3.00
Chicken	3.00
Ham & Cheese & Tomato	3.10
Ham & Cheese & Pineapple	3.10
Chicken & Cheese & Pineapple	3.50

Salad box

Salad	4.50
Ham & Salad	5.00
Chicken & Salad	5.50
Egg & Salad	5.10
Extra egg	0.80
Extra ham or chicken	0.50

Hot Food *(first break only)*

Chicken Burger - chicken pattie, lettuce & mayo	4.10
Deluxe Chicken Burger - chicken pattie, salad & mayo	4.90
Cheese Burger - beef pattie, cheese & tomato sauce	4.10
Cheeseburger with the Works - beef pattie, salad & tomato sauce	4.90
Lasagne	4.50
Macaroni & Cheese	4.50
Garlic bread	2.10
Pizza (Ham & Pineapple)	4.50

Drinks

Plain Milk	1.50
Chocolate or Strawberry Milk	2.00
Apple or Tropical Juice	1.90
Water	1.50

Snacks

Apple Slinky	1.00
Slink Your Own Apple	0.20
Orange	1.00
Pikelets - two with butter & jam	1.60
Mini Blueberry Muffin	1.50
Home baked Biscuit (EF)	1.50
Popcorn	1.20
Pretzels	1.20
Vege Chips (GF)	1.60
Cheesymite Scroll	2.10
Boiled Egg	0.80
Cheese & Rice Cracker Pack (GF)	2.10
Carrot Sticks with Tzatziki or Hummus Dip (GF)	2.10
Vaalia Yoghurt Tub - Vanilla (GF)	1.60
Custard Tub (GF)	1.60

Frozen Treats

Juicy Tube	0.50
Paddle Pop - Rainbow or Chocolate	1.70
Slush Puppy	2.20
Lemonade Icy Twist	1.70
Frozen Yoghurt - Strawberry or Mango	2.50

Ordering from the Tuckshop

The easiest way to order Tuckshop for your child is using our online ordering via www.flexischools.com.au. It can be done at a time convenient to you- weeks in advance or up to 9 AM cut off on the day. It is very simple to set up an account using a credit card.

We encourage all families to use this facility. Over the counter orders need to be clearly written on a paper bag, remembering to include your child's name and class. Place the money in the bag and if change is required, it is sticky taped to the outside of the bag and returned with the filled order.

First break is 11 AM- 11.40 AM. Everything on the menu is available for first break.

Second break is 1.10 - 1.50 PM. No hot food or toasted sandwiches are available for second break.

Become a Tuckshop volunteer!

To enable the Tuckshop to provide healthy, delicious food, we rely on a great group of volunteers. We still need more volunteers to come and help out, even if only for an hour. This is a great way to join the community and get to meet new people.

Please contact Bee Bridgland (Tuckshop Convenor) 0452662358 to find out more.