

# Smart Choices Healthy Food & Drink

# SHSS Tuckshop Menu

## On-Line Tuckshop NOW at SHSS...


**EASY, ON-LINE  
REGISTRATION**  
Register NOW!





Place lunch  
orders from your  
iPhone or iPad!  
Find us in the  
App Store.




### REGISTER

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1 Go to [www.flexischools.com.au](http://www.flexischools.com.au) and select the **REGISTER** option and enter your email address.
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2 You will be sent a registration email. Click on the link in the email to complete the registration.
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3 Fill in your details on the Registration Form and click "submit".
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4 Add your students, select their school and class.

### ORDER



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1 Go to [www.flexischools.com.au](http://www.flexischools.com.au) and select the **LOGIN** option. Click on "Start an order" for your student.
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2 Select the service you wish to purchase from. You can also set up orders in advance.
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3 Add each of your items. Extras and options will appear where relevant to the item.
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4 Select your payment option. Pay for the one order or "top up" your account. Complete payment to place order.



## SHSS Volunteers Always Needed

The Tuckshop can only run smoothly with your assistance. If you can lend a hand on any day, even for just a short time, please contact Debbie Burns, our friendly Tuckshop Manager, on 0402 205 749 or drop into the Tuckshop for a chat!



# SHSS Tuckshop Menu

## 2024 DAILY SPECIALS

### Banjo TUESDAY

Bacon & Egg  
Roll  
\$5.00

### Sushi WEDNESDAY

Sushi \$4.30  
6pc Combo \$6.90

*Sushi Menu listed below*

### Sushi THURSDAY

Sushi \$4.30  
6pc Combo \$6.90

*Sushi Menu listed below*

### Curry FRIDAY

Butter Chicken  
& Rice  
\$6.00

Is your child having a Birthday? BIRTHDAY CELEBRATION PACKAGES available through the Tuckshop. ORDER with FLEXISCHOOLS - 3 DAYS NOTICE !!!

### SANDWICHES/ROLLS

Vegemite or Jam .....	\$2.00
Cheese .....	\$3.00
Egg and Lettuce .....	\$4.50
Ham or Chicken or Tuna .....	\$5.00
Salad Sandwich .....	\$5.00
lettuce, tom, cue, carrot, beet	
Ham, cheese and tomato.....	\$5.20
Ham/Chicken/Tuna & salad....	\$6.50
Toasted available. White & Wholemeal Bread available. Multigrain roll + 30c	

### SALADS

Chicken Caesar Plate .....	\$6.50
Salad Plate.....	\$5.50
lettuce, tomato, cue, carrot, pineapple, beetroot, cheese	

### WRAPS

Salad Wrap .....	\$5.00
lettuce, carrot, tomato, cheese	
Caesar wrap.....	\$5.00
lettuce, cheese, bacon, dressing	
Toasted Hawaiian wrap .....	\$5.50
chicken, cheese, bacon, p/apple	
Chicken Tender Wrap or Sub ..	\$6.00
Kentucky style chicken tender, Lettuce, tomato, chilli sauce in wrap or toasted roll	

### Extras

cheese .....	\$0.60
egg .....	\$0.80
ham/chicken/tuna .....	\$1.50
mayo/tomato/sauces .....	\$0.30

### HOT FOOD

Hot Dog (incl tom sauce) .....	\$4.50
Meat Pie .....	\$5.20
Sausage Roll .....	\$4.50
Chicken Chips (6) ** .....	\$4.30
Burger Meat & sauce** .....	\$5.00
Cheeseburger .....	\$5.50
Meat, sauce & cheese	
Deluxe Burger .....	\$6.50
Meat, lettuce, tomato & beetroot	
Chicken Burger .....	\$5.50
Chicken, lettuce & mayonnaise	
Pizza (Mini).....	\$2.80
Cheese & bacon or Supreme	
Pasta Bolognaise .....	\$5.50
Macaroni Cheese .....	\$4.20
Halal Sausage Roll .....	\$5.50
Pizza Halal .....	\$4.80
Fried Rice (homemade) .....	\$4.00
With Bacon or Vegetarian	

### GLUTEN FREE OPTIONS

Chicken Nuggets .....	\$4.20
Sausage Roll (GF) .....	\$5.30
Pasta Bolognaise (GF) .....	\$6.00

### Extras

Sauces Sachets .....	\$0.35
Tomato, BBQ, Chilli, or Sweet & Sour	
** Also available in Halal	

### DRINKS with grams of sugar per serve

Bottled Water 600ml (0g) .....	\$2.00
Plain Milk 300ml (14g).....	\$2.00
Juice Popper 250ml (27g) .....	\$2.50
Orange, Apple, Tropical	
Large Flavoured Milk 300ml (28g)	\$3.00
Choc, Strawberry	
Small Flavoured Milk 250ml (23g)	\$2.50
Chocolate, Strawberry, Vanilla	
Slushi (small serve) (15g) .....	\$2.50
Slushi (Medium serve) (20g) .....	\$3.00

### SNACKS

Muffins Apple .....	\$2.50
Cookies.....	\$0.70
Custard Cup.....	\$2.80
Yoghurt Strawberry or Vanilla ...	\$2.50
Fresh Fruit Salad (made daily)....	\$2.50
Seasonal Fruit .....	\$1.80
Popcorn.....	\$0.50
Mini Bites .....	\$1.30

### SUSHI MENU available every WEDNESDAY

ALL SUSHI .....\$4.30 each choice of:

- Chicken & Avocado
- Tuna & Avocado
- Avocado
- Beef Teriyaki
- California Roll
- Vietnamese Roll

6pc Sushi Combination..... \$6.90

### We can help you with your Child's Birthday at SHSS ...

Tuckshop Birthday Specials to share with your child's classmates can be organised ...

1. **Class set of Cupcakes from \$22.00 to \$38.00** depending on size and decorations.
2. **Class set Zooper Doopers \$12.00** Order with Flexischools. Strictly 3 days notice please!

