Smart Choices Healthy Food & Drink SHSS Tuckshop Menu

On-Line Tuckshop
NOW at SHSS...
EASY, ON-LINE
REGISTRATION
Register NOW!



REGISTER



Go to www.flexischools.com.au and select the REGISTER option and enter your email address.



You will be sent a registration email.

Click on the link in the email to complete the registration.



Fill in your details on the Registration Form and click "submit".



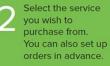
Add your students, select their school and class.

ORDER











Add each of your items. Extras and options will appear where relevant to the item.



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 DAILY SPECIALS

Mexican MONDAY

> Nachos \$5.80

Aussie TUESDAY

Bacon & Egg Roll \$5.00

Mixed Up WEDNESDAY

Sushi \$4.30 Nachos \$5.80

Sushi Menu listed below

Sushi THURSDAY

Sushi **\$4.30**

Sushi Menu listed below

Fun FRIDAY

Butter Chicken or Beef Burrito \$6.00 each

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

SANDWICHES/ROLLS

Vegemite or Jam\$2.50
Cheese\$3.50
Egg and Lettuce\$5.00
Ham or Chicken or Tuna\$6.00
Salad Sandwich\$6.00 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\$5.50 lettuce, carrot, tomato, cheese
Caesar wrap \$6.00 lettuce, cheese, bacon, dressing
Toasted Hawaiian wrap\$6.00 chicken, cheese, bacon, p/apple
Chicken Tender Wrap or Sub\$6.50 Kentucky style chicken tender, Lettuce, tomato, chilli sauce in wrap or toasted roll
cheese \$0.80

ham/chicken/tuna\$1.70

mayo/tomato/sauces\$0.30

HOT FOOD

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Hot Dog (incl tom sauce)	\$4.50
Meat Pie	.\$ 5.20
Sausage Roll	\$4.50
Chicken Chips (6) **	\$4.50
Burger Meat & sauce**	\$5.50
Cheeseburger	\$6.00
Deluxe Burger Meat, lettuce, tomato & beetroo	
Chicken Burger	\$6.00
Pizza (Mini)	\$3.20
Pasta Bolognaise	\$5.80
Macaroni Cheese	\$4.30
Halal Sausage Roll	\$6.00
Pizza Halal	\$5.00
Fried Rice (homemade)	.\$4.50
Thai Curry	.\$5.80
GLUTEN FREE OPTIO	NS
Chicken Nuggets	
Sausage Roll (GF)	
Pasta Bolognaise (GF)	.\$6 .50
Extras	
Sauces Sachets	
Tomato, BBQ, Chilli, or Sweet & S	Sour

DRINKS with grams of sugar per serv	/e
Bottled Water 600ml (og)\$2	
Plain Milk 300ml (14g)\$2	2.00
Juice Popper 250ml (27g)	2.70
Large Flavoured Milk 300ml (28g) \$3 Choc, Strawberry	3.20
Small Flavoured Milk 250ml (23g) \$2 Chocolate, Strawberry, Vanilla	2.70
Slushi (small serve) (15g)\$2	2.80
Slushi (Medium serve) (20g)\$3	3.30

SNACKS

Wiumins Apple	. \$2.50
Cookies	.\$0.70
Custard Cup	. \$2.80
Yoghurt Strawberry or Vanilla	. \$2.80
Fresh Fruit Salad (made daily)	. \$2.50
Seasonal Fruit	. \$1.80
Popcorn	. \$0.70
Mini Bites	\$1.40

SUSHI MENU available every WEDNESDAY

ALL SUSHI\$4.30 each choice of:

- Chicken & Avocado
- Tuna & Avocado
- Avocado
- Salmon & Avocado
- Tuna & Mayo
- Vegetarian

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!

** Also available in Halal

