

# 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

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

#### ORDER



-   
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.
-   
2 Select the service you wish to purchase from. You can also set up orders in advance.
-   
3 Add each of your items. Extras and options will appear where relevant to the item.
-   
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

## 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	

### Extras

cheese .....	\$0.80
egg .....	\$1.00
ham/chicken/tuna .....	\$1.70
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) ** .....	\$4.50
Burger Meat & sauce** .....	\$5.50
Cheeseburger .....	\$6.00
Meat, sauce & cheese	
Deluxe Burger .....	\$6.80
Meat, lettuce, tomato & beetroot	
Chicken Burger .....	\$6.00
Chicken, lettuce & mayonnaise	
Pizza (Mini).....	\$3.20
Cheese & bacon or Supreme	
Pasta Bolognese .....	\$5.80
Macaroni Cheese .....	\$4.30
Halal Sausage Roll .....	\$6.00
Pizza Halal .....	\$5.00

Fried Rice (homemade) .....	\$4.50
With Bacon or Vegetarian	
Thai Curry .....	\$5.80

### GLUTEN FREE OPTIONS

Chicken Nuggets .....	\$4.50
Sausage Roll (GF) .....	\$6.00
Pasta Bolognese (GF) .....	\$6.50

### 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) .....	\$2.70
Orange, Apple, Tropical	
Large Flavoured Milk 300ml (28g)	\$3.20
Choc, Strawberry	
Small Flavoured Milk 250ml (23g)	\$2.70
Chocolate, Strawberry, Vanilla	
Slushi (small serve) (15g) .....	\$2.80
Slushi (Medium serve) (20g) .....	\$3.30

### SNACKS

Muffins 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!

