

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 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.
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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 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

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!

