

FROZEN SNACK AVAILABLE 1ST LUNCH ONLY

CAT	GF	DESCRIPTION	PRICE
G	YES	Frozen pineapple ring	.50c

SNACKS AVAILABLE 1ST AND 2ND LUNCH

CAT	GF	DESCRIPTION	PRICE
G	YES	Real Banana and natural Greek style yoghurt tub	\$2.00
G	YES	Real Strawberries and natural Greek style yoghurt tub	\$2.00
G	YES	Popcorn	\$1.00
A	NO	Apple Muffins	\$2.00
A	NO	Choc Chip Cookie	\$2.00
A	NO	Pizza Roll	\$2.20
A	NO	Cheese & vegemite scroll	\$2.20
G	NO	Ham Roll	\$2.00
G	NO	Vegemite Roll	\$1.50
G	NO	Sao with vegemite (3)	\$1.20
G	NO	Sao with Cheese (3)	\$1.50
G	NO	Sao with cheese & vegemite (3)	\$2.00
G	NO	Vegemite Sandwich	\$1.50
G	NO	Cheese Sandwich	\$1.50
G	NO	Ham Sandwich	\$2.00
G	NO	Ham & Cheese Sandwich	\$2.50
G	YES	Rice cakes with margarine (2)	\$1.20
G	YES	Rice cakes with honey (2)	\$2.00
G	YES	Rice cakes with cheese (2)	\$2.00
G	YES	Hardboiled egg	\$1.00

DRINKS AVAILABLE 1ST AND 2ND LUNCH

CAT	GF	DESCRIPTION	PRICE
G	YES	Water	\$1.50
G	NO	Chocolate Milk	\$2.00
G	NO	Strawberry Milk	\$2.00
A	YES	Orange Juice	\$2.00
A	YES	Apple Juice	\$2.00
A	YES	Apple & Blackcurrant Juice	\$2.00

HOT FOOD Available 2ND LUNCH ONLY

(Please state if sauce is required no extra cost)

CAT	GF	DESCRIPTION	PRICE
G	YES	Corn on the Cob	\$1.50
A	NO	Chicken Chippies (5 in a bag)	\$3.00
G	YES	Fried Rice	\$3.50
A	NO	Sausage Roll	\$3.00
A	NO	Traveller Pie	\$3.50
A	NO	Daddy Dog (whole 97% fat free hot dog in a roll)	\$3.40
A	NO	Puppy Dog (1/2 97% fat free hot dog in half roll)	\$1.70
G	NO	Hot Chicken Roll (with or without mayo)	\$3.40
G	NO	½ Hot Chicken Roll (with or without mayo)	\$1.70

BURGERS 2ND LUNCH ONLY

CAT	GF	DESCRIPTION	PRICE
G	NO	FRY'S VEGAN burger on a bun with lettuce (with or without mayo)	\$4.50
G	NO	Chicken Tenderloin Wrap with lettuce tomato and grated carrot (with or without mayo)	\$4.50
G	NO	Chicken Burger on a bun with lettuce (with or without l/f mayo)	\$4.50

TOASTED SANDWICHES 2ND LUNCH ONLY *please state if you would like mayo (no extra cost)*

CAT	GF	DESCRIPTION	PRICE
G	NO	Baked Bean Jaffle	\$2.50
G	NO	Cheese Jaffle	\$2.50
G	NO	Ham Jaffle	\$2.50
G	NO	Ham & Cheese Jaffle	\$3.00
G	NO	Ham, Cheese & Tomato Jaffle	\$3.50
G	NO	Chicken Jaffle	\$3.00
G	NO	Chicken & Cheese Jaffle	\$3.50
G	NO	Chicken Cheese & Tomato Jaffle	\$4.00

(add pineapple to above jaffles extra .50)

SANDWICHES AND ROLLS 2ND LUNCH ONLY *please state if you would like mayo (no extra cost)*

Add pineapple to any sandwich or roll .50c

CAT	GF	DESCRIPTION	PRICE
G	NO	Salad Roll (lettuce, tomato, cucumber, carrot, beetroot) add cheese .50c	\$4.00
G	NO	Ham or Chicken Salad Roll (salad items as above) add cheese .50c	\$4.50
G	NO	Egg and Lettuce Roll	\$3.00
G	NO	Cheese & Lettuce Roll	\$3.00
G	NO	Chicken & Lettuce Roll	\$3.50
G	NO	Chicken, cheese & lettuce Roll	\$4.00
G	NO	Egg and Lettuce Sandwich	\$3.00
G	NO	Cheese & tomato Sandwich	\$2.50
G	NO	Ham, Cheese and Lettuce Sandwich	\$3.00
G	NO	Ham, Cheese and Tomato Sandwich	\$3.00
G	NO	Chicken & Cheese Sandwich	\$3.00
G	NO	Chicken, cheese & lettuce Sandwich	\$3.50
G	NO	Salad Sandwich (<i>salad items as above</i>) add cheese .50c	\$4.00
G	NO	Ham or Chicken Salad Sandwich (<i>salad items as above</i>) add cheese .50c	\$4.50
G	YES	SALAD BOX (egg, lettuce, tomato, cucumber, carrot, beetroot, pineapple, with or without l/f mayo) Chicken ,Ham or Cheese add .50c per item	\$4.50

Please see last page for important information

ST MATTHEW'S TUCKSHOP

MENU 2019

TUCKSHOP OPEN THURSDAY AND FRIDAYS ONLY

WE LOVE VOLUNTEERS!

Tuckshop operates largely on a volunteer basis!!!

In order to provide the best service we can for your children, we need more volunteers. If you are looking for an opportunity to contribute to the school community while enjoying the social aspect that the tuckshop provides, please call Deb Hall on 0435216798
Lunch will be provided so please come along and join in the fun.

ONLINE ORDERING: Cut off time is 8.30am

The preferred method of ordering for our school Tuckshop is online ordering. The registration process only takes a few minutes and parents can begin placing orders immediately. To register go to www.flexischools.com.au

This method of ordering is preferred for several reasons:

- Primarily to make it more convenient for parents so they can order online 24/7 from home, work or a mobile device. Orders can be placed in advance and you can also set up recurring orders.
- Also, by paying online, there is no fumbling around for bags, menus or coins in the morning, or sending kids to school with excess cash.
- No printer or printout is required when you place orders for the Tuckshop. This clever systems allows the tuckshop staff to access your child's order directly.
- Tuckshop staff spend much of the morning sorting bags, collecting coins, organising change and dealing with incorrect or incomplete orders. Online ordering means the Tuckshop staff have more time to spend on the most important task - preparing healthy and nutritious meals for your children.

PAPER BAG ORDERING: Cut off time is 8.30am

Please supply a separate bag for morning tea and lunch clearly stating 1st lunch or 2nd lunch. Plastic bags are not acceptable. **Brown paper bags are required. Orders not on a brown paper bag will incur an extra .20c charge.** Your child's name and class should be clearly written on the bag. Correct money would be appreciated for each order however any change will be taped to the outside of the bag. If you are placing money in your eldest child's bag, please state on the bag all other children's names and classes and vice versa (e.g. money for this order included *in: Name- Grade*). All preferences for salad items should be stated on the bag. All items listed on menu will be supplied if no request is given (e.g. no tomato please). Please state if sauce or mayo is required on the bag. If there is no request for sauce or mayo it will not be provided and children will not be permitted to return to the tuckshop. Money must accompany order. No credit will be permitted. If correct money is not included a substitution will be made.

At St Matthews Tuckshop we follow the state government's Smart Choices guideline for school tuckshops. One of the initiatives in the program is the traffic light system to help the children select healthy food choices from the tuckshop menu. All the menu items have been placed into a category for easy use. If you have any further questions on this system please do not hesitate to contact the tuckshop.

GREEN FOODS HAVE PLENTY

AMBER FOODS CHOOSE CAREFULLY

RED FOODS SOMETIMES FOOD

GLUTEN FREE

Gluten free choices have been indicated on the menu. There are other gluten free options available however this will need to be arranged by request. Please see me at the tuckshop to discuss alternatives.