

Moreton Downs Tuckshop Everyday Menu - BOTH BREAKS EVERYDAY

Sandwiches, Salads & Wraps

All Sandwiches are made fresh daily using wholemeal bread.

Sandwiches

Vegemite / Jam / Honey	\$3.50
Vegemite & Cheese	\$4.50
Cheese	\$4.00
Salad	\$5.00
(lettuce, carrot, tomato, beetroot, cucumber, cheese & mayo)	
Chicken or Ham & Salad	\$6.00
Ham & Cheese	\$5.00
Ham, Cheese & Tomato	\$5.20
Chicken, Cheese & Mayo	\$5.00
Egg & Lettuce	\$4.50
Mini Sandwich Lunch Pack	\$6.00
(Dinosaur shaped cheese, honey or vegemite sandwich, carrot sticks, mini muffin and juice or water).	

Salads

Garden Salad Plate	\$6.50
Caesar Salad Plate	\$7.00
Greek Salad Plate	\$7.00
Small Poke Bowl	\$6.00
Small salad shaker cup	\$4.50
Add Chicken, Ham or Boiled Egg	\$1.00
Choice of dressing: French, Caesar, Greek, Mayo	

Wraps

Chicken or Ham & Salad	\$7.00
(lettuce, carrot, tomato, beetroot, cucumber & cheese)	
Toasted Ham & Cheese	\$6.00
Toasted Chicken, cheese & Mayo	\$6.00

Extra Fillings/Options

Lettuce, tomato, cucumber, beetroot, toasting	.50c
Bread Roll/ Wrap, cheese, pineapple	.50c

EVERYDAY MEAL DEALS!

For Only **\$8.50** you get....

Choice of 1 Main

- *Mini Chicken Wrap
(fresh chicken, lettuce, grated carrot, cheese & mayo)
- *Cheese Sandwich
- *Small Salad Shaker Cup
- *2 Mini Pies or 2 Mini Sausage Rolls
- *Chicken Slider Gluten Free or Sweet Chilli
(chicken tender wrapped in Tortilla with lettuce and mayo)

Choice of 2 Snacks

- *Banana, Apple or Carrot Sticks
- *Fruit Pot * Cookie
- *Crackers & Cheese
- *Boiled Egg * Mini Muffin

Choice of 1 Drink

- *Water 250ml *Plain Milk
- *Plain Milk & Sippah Straw
- *Juice Orange/Apple/Tropical

Hot Food

Chicken Goujons (5)	\$4.50
Macaroni Cheese	\$5.50
4n20 Beef Traveller Pie	\$4.50
Healthy Choice Sausage Roll	\$4.00
Garlic Bread for One	\$2.50
Mini Meat Pie or Mini Sausage Roll	\$2.00
Gluten Free or Sweet Chilli. Chicken Tenderloin	\$2.20
Sauce Sachets	.30c

Snacks

Yoghurt (Vanilla / Strawberry)	\$2.00
Vanilla Custard Cup	\$2.00
Piece of fruit (Apple, Orange, Banana)	\$1.50
Fresh Fruit Salad	\$4.00
Fresh Seasonal Fruit Pot	\$2.00
Apple Slinky	\$2.00
Boiled Egg	\$1.00
Carrot Sticks	\$0.50
Popcorn	\$0.20
Grain Waves	\$2.00
Chicken Jumpy's / Pretzels	\$1.50
Anzac Cookie	\$0.60
Homemade Muffin	\$1.00
Crackers & Cheese	\$1.00
Jelly Cup	\$1.00
Orange Smile (fresh or frozen)	\$0.20
Carrot & Cucumber sticks with dip	\$1.50

Drinks

Bottled Spring Water (600ml)	\$2.00
Bottled Spring Water (250ml)	\$1.50
Bottled Spring Water 1L	\$3.00
Plain Milk	\$2.00
Flavoured Sippah Straw	\$0.60
Breaka (Chocolate, Strawberry)	\$3.00
Bluey Pop Top Milk	\$3.00
(Chocolate/Strawberry/Banana)	
Juice Popper (apple, orange, tropical)	\$2.50
Krazy Lemon Homestyle/Lemonade	\$3.00
Glee (Sour Watermelon, Tropical, Raspberry, Sour Lemon, Grape)	\$3.50

Thank you for supporting our School Tuckshop !

Moreton Downs Daily Deals – First Break Only

Manic Monday Burgers

Chicken Burger	\$7.00
(lettuce, tomato, cheese & Mayo)	
Gourmet Hamburger	\$7.00
(lettuce, tomato, carrot, beetroot, cheese & bbq sauce)	
Cheeseburger	\$6.00
(meat patty, cheese & tomato sauce)	

***Make it a Meal:** \$5.00

Juice Popper or 600ml water, Piece of fruit or carrot sticks and Anzac Cookie

It's a Wrap Wednesday

Chicken Caesar Wrap	\$8.00
(2 gluten free chicken tenders, cos lettuce, diced bacon, cheese & Caesar dressing)	
Sweet Chilli Chicken Tenderloin Wrap	\$7.50
(2 tenderloins, lettuce & tomato)	
Ham & Cheese Toasted Wrap	\$6.00
Taco Wrap	\$8.00
(Beef mince, Taco Seasoning, cheese, Lettuce & Tomato)	
Nachos	\$6.00

***Make it a Meal:** \$5.00

Choice of either Juice Popper, 600ml Water or Plain Milk with Sippah Straw plus a Mini Fruit Salad

How to Order

Our preferred method for lunch orders is online.

Visit www.flexischools.com.au and register for an account, add your students and classes to get started.

Once registered you can pre-order your lunch 24/7 for both breaks. It's that easy!

Or

Over the counter before school, please use a bag for each break and include name and class on lunch order.

We accept Cash and Eftpos from 8.30am

Did you know....

Our Tuckshops primary aim is to be a service to our school community by offering affordable, quality food choices that children enjoy while fuelling them for their school day.

**** Please note:** While all care is taken preparing your child's lunch, sometimes mistakes do happen!

Please encourage your child to return if there are any errors in their lunch order. Thank You.

***** All "make it a meal extras" come as stated, Sorry no substitutes can be made. (Other drinks and snacks from everyday menu can be added to your order.)**

Italiano on Thursday

Homemade Spaghetti Bolognese	\$6.50
Cheese Pizza	\$5.50
Ham & Cheese Pizza	\$6.00
Hawaiian Pizza (Ham, Cheese & Pineapple)	\$6.00
Bbq Chicken Pizza	\$6.00

***Make it a Meal:** \$5.00

Juice popper plus a Half Serve of Garlic Bread or mini tossed salad (lettuce, cucumber, tomato and carrot) and a piece of fruit or carrot sticks

Friday Hot Dog Frenzy

Hot Dog (with sauce)	\$4.50
Hot Dog with Cheese (and sauce)	\$5.00
Loaded Hot Dog	\$6.00
(with Cheese, Bacon & Sauce)	

***Make it a Meal:** \$5.00

Choice of Breaka or 600ml water, Mini Muffin and a piece of fruit or carrot sticks.

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