DESIGN YOUR OWN SANDWICH WRAP
OR ROLL (1st Break Only)
Choose Wholemeal Bread, or White Roll or Wrap. Nuttelex spread used for sandwiches and rolls.

Start with Sandwich, Roll or Wrap 1.50
Add vegemite for free
Add Salad (tom, lettuce, cucumber & carrot) for 1.00
Add beetroot for 0.50
Add Ham or Chicken or Tuna for 1.00
Add Chicken Tender for 1.50
Add Cheese for 0.50
Add pineapple for 0.50
Add Mayo for 0.20
Toast it please for free

Choose GF Option for sandwich or wrap 0.50

Eg Toasted chicken cheese & pineapple wrap 3.50
Ham and salad and cheese roll 4.00

BURGER BAR (1st Break Only)
All burgers come with, lettuce, tomato, cucumber, carrot and beetroot. Sauce available at tuckshop

#Hamburger 4.00
#Chicken Burger 4.00

SALAD BOWLS (1st Break Only)

#Garden Salad
(Lettuce, tomato, cucumber, carrot, beetroot, corn)
- with Cheese 3.50 4.50
- with Ham or Chicken or Tuna 3.50 4.50
Add mayo (GF) or French Dressing 0.20 0.20

Carbrook Tuckshop Menu – Term 1

HOT STUFF (1st Break Only)

Spaghetti Bolognese (200g) 4.00
Vege Lasagne (V) (200g) 4.00

#Pizza Muffin (1/2 Muffin) 2.00
Ham Cheese and Pineapple OR
Ham and Cheese OR
BBQ Chicken
Choose GF Muffin .50

Hot Dog 2.00
Hot Dog with cheese 2.50

#Nachos (cornchips, meat, cheese, sourcream) 3.50

Sausage Roll 2.50
Spinach & Ricotta Roll (V) 3.00

Chicken Tenders (2) 3.00
Chicken Tenders (3) 4.00

NB: Tomato and BBQ sauce are provided at no extra cost

For Yr 2 – 6, tokens for Hot Items will be attached to your child’s bag and need to be returned to the tuckshop with bag to claim item. (For Prep & Yr1, all orders are delivered to class.)

SUSHI (1st or 2nd Break) Week 6 ONLY – March 4th

Sushi Provided by ‘Sushi Pro’

Beef Teriyaki 2.70
Chicken Teriyaki 2.70
Chicken Avocado 2.70
Tuna Mayo 2.70
Tuna Avocado 2.70
Vegetarian Special (GF) 2.70
Avocado (GF) 2.70
California 2.70

SNACK ATTACK (2nd Break Only)

#Fruit Cup (Chopped fresh seasonal fruit) 2.50
Watermelon slice .50
Piece of Fruit 1.00
Choose banana / apple / or cut orange
#Snack Pack (carrot, cucumber, celery, hommus) 2.00

Custard Cup 1.50
#Jelly Cup (Red or Green) 1.00
Jelly Cup (Red or Green) + Custard 1.50

#Berry & White Choc Muffin 1.50
#Anzac biscuit 0.50
Choc Chip Cookie 0.50

Frozen Yoghurt Low Fat (Mango or Strawberry) 2.20
Ice Cream Tub (Light – 100ml) 1.50
#Mango Smoothie (200ml) 2.00
(Sorry – not available for Prep or Grade 1)

Corn on the Cob (1/2) 1.00
Cheese and Crackers 1.50
(cheese & 6 plain rice crackers)
Popcorn (air popped lightly salted) 0.80
Pretzels 1.20
Grainwaves (sour cream & chives) 1.50

DRINKS (1st or 2nd Break)

Flavoured Fresh Milk (250ml – reduced fat) 2.00
Choose Chocolate OR Strawberry OR Banana
Plain Milk (200ml UHT) 1.50
Water 600ml 1.00
Just Juice Popper (100% juice) 1.50
Choose Apple & Blackcurrant OR Apple OR
Orange OR Orange & Mango OR Paradise Punch

SNACK ATTACK (2nd Break Only)

#Fruit Cup (Chopped fresh seasonal fruit) 2.50
Watermelon slice .50
Piece of Fruit 1.00
Choose banana / apple / or cut orange
#Snack Pack (carrot, cucumber, celery, hommus) 2.00

Custard Cup 1.50
#Jelly Cup (Red or Green) 1.00
Jelly Cup (Red or Green) + Custard 1.50

#Berry & White Choc Muffin 1.50
#Anzac biscuit 0.50
Choc Chip Cookie 0.50

Frozen Yoghurt Low Fat (Mango or Strawberry) 2.20
Ice Cream Tub (Light – 100ml) 1.50
#Mango Smoothie (200ml) 2.00
(Sorry – not available for Prep or Grade 1)

Corn on the Cob (1/2) 1.00
Cheese and Crackers 1.50
(cheese & 6 plain rice crackers)
Popcorn (air popped lightly salted) 0.80
Pretzels 1.20
Grainwaves (sour cream & chives) 1.50

# - Tuckshop Made (V) Vegetarian
How to Order

All tuckshop menu items need to be pre-ordered. Your child will not be able to buy menu items from the canteen during tuckshop hours.

Please place your order with the correct amount of money for your order, in the tuckshop box in the school office by **9:00am on the Tuesday** before the Friday tuckshop day. Tuckshop Days will be advertised but will usually be Friday of week 2, 4, 6 & 8 in the term.

Our Tuckshop operates on a BAG system. A **separate paper bag is required for each break**. To place your order, write the order for each break on a paper lunch bag. Ensure there is one bag per break as the bag is returned to your child with their order in it. Place the correct money for each order in the paper bag and place it in the tuckshop order box in the school office by **Tuesday 9:00am**. If you are ordering for both breaks you can place the 2nd bag and money inside the first.

Please do not use staples to seal the bag. Instead, fold the bag into quarters, or fold the top down several times to ensure the money stays in the bag.

If change is required, it will be returned taped to the front of the paper bag. Please ensure your child is aware of this. Where possible, please enclose correct money as we are not responsible for change once it has left the tuckshop.

If you don’t have a paper bag, they are available at a cost of 10c per bag. They will be located with the tuckshop box in the school office.

Contacts

If you have any queries. Please contact us at the following email address:

carbrooksstuckshop@gmail.com

Example

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**Carbrook State School**

**Tuckshop Menu**

**Term 1  2016**

**Tuckshop Days : Fridays**

19th Feb, 4th Mar

Sushi : 4th Mar ONLY

Orders in : 9AM Tues before

**Subway Day : 18th March**