

Smart Choices Healthy Food & Drink

SHSS Tuckshop Menu

On-Line Tuckshop NOW at SHSS...
EASY, ON-LINE REGISTRATION
Register NOW!

Go to www.flexischools.com.au

Click REGISTER NOW

Enter your email

You will be emailed a link to an on-line form – follow the link

Choose a user name and password and complete the form

Add each student and their class for 2016

Top-up the account – VISA or Mastercard preferred



Place lunch orders from your iPhone or iPad! Find us in the App Store.



ALL ORDERS MUST BE IN BEFORE 8.55 AM.

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 Convenor, on 3345 3970 or drop into the Tuckshop for a chat!



Sunnybank Hills State School

BREAKFAST MENU

**SHSS Tuckshop is
 OPEN FOR BREAKFAST
 EVERY SCHOOL DAY
 8.00am to 8.40am!**

Pizza Roundas	\$2.50
Toast per slice with vegemite or jam etc	\$0.70
Raisin Toast per slice	\$0.80
Toasted cheese sandwich.....	\$2.20
Toasted ham or chicken and cheese.....	\$3.50
Muffin (choc chip or caramel/banana)....	\$1.20
Cheese and bacon roll.....	\$1.50
Hot or Cold Milo.....	\$1.70
Flavoured Milk 300ml.....	\$2.00
Juice popper 250ml.....	\$1.70
Plain Milk 300ml	\$1.50
Fresh fruit salad.....	\$1.80

SHSS Tuckshop Menu

2016 DAILY SPECIALS

Mad MONDAY

Bacon & Egg
Roll
\$3.60

Roast TUESDAY

Roast Beef &
Gravy Roll
\$3.60

Sushi WEDNESDAY

Sushi \$2.80
6pc Combo \$4.30
Sushi Menu listed below

Tasty THURSDAY

Vegetable
Spring Rolls (3)
\$1.40

Fishy FRIDAY

Fish Fillet
Burger
Lettuce & Tartare Sauce
\$3.60

Is your child having a Birthday? BIRTHDAY CELEBRATION PACKAGES available through the Tuckshop. Ring Debbie Ph: 33453970 - 3 DAYS NOTICE !!!

SANDWICHES/ROLLS

Vegemite or Jam\$1.40
Cheese\$2.20
Egg and Lettuce\$2.80
Ham or Chicken or Tuna\$3.30
Salad Sandwich\$3.50
lettuce, tom, cue, carrot, beet
Ham, cheese and tomato.....\$3.80
Ham/Chicken/Tuna & salad....\$4.40
Toasted available. White &
Wholemeal Bread available.
Multigrain roll + 30c

SALADS

Chicken Caesar Plate.....\$5.00
Salad Plate.....\$4.20
lettuce, tomato, cue, carrot,
pineapple, beetroot, cheese

WRAPS

Salad Wrap\$3.00
lettuce, carrot, tomato, cheese
Caesar wrap.....\$3.50
lettuce, cheese, bacon, dressing
Toasted Hawaiian wrap\$4.00
chicken, cheese, bacon, p/apple
Chicken Tender Wrap or Sub ..\$4.20
Kentucky style chicken tender,
Lettuce, tomato, chilli sauce
in wrap or toasted roll

Extras

cheese\$0.40
egg\$0.50
ham/chicken/tuna\$1.10
mayo/tomato/sauces\$0.30

HOT FOOD

Hot Dog (incl tom sauce)\$2.70
Meat Pie.....\$3.40
Potato Top Pie\$3.70
Sausage Roll.....\$2.70
Mini Pie (incl sauce).....\$1.10
Chicken Chips (6).....\$3.00
Burger\$3.30
Meat & sauce
Cheeseburger\$3.60
Meat, sauce & cheese
Deluxe Burger\$4.40
Meat, lettuce, tomato & beetroot
Chicken Burger\$3.60
Chicken, lettuce & mayonaise
Pizza\$3.00
Cheese & bacon or Supreme
Beef Lasagne\$3.50
Macaroni Cheese\$3.50
Chicken or Beef Noodles\$2.40
Corn Cobbette.....\$0.90
Fried Rice (homemade)\$3.00
With Bacon or Vegetarian
Garlic Bread\$1.40
Potato Wedges+Sour Cream\$2.70
Fish & Potato Wedges\$3.50
Chicken Noodles Gluten Free\$2.40

Extras

Sauces Sachets\$0.25
Tomato, BBQ, Chilli or Sweet/sour

DRINKS with grams of sugar per serve

Bottled Water 600ml (0g) \$1.80
Focus Fruitwater 350ml (16g).... \$1.90
Focus Fruitwater 500ml (13g).... \$2.30
Juice Popper 250ml (27g) \$1.70
Orange, Apple, Tropical
Juice 350ml (27g) \$2.20
Orange or Tropical
Large Flavoured Milk 300ml (28g) \$2.00
Choc, Strawberry, Vanilla, Coffee
Small Flavoured Milk 250ml (23g) \$1.80
Chocolate or Strawberry
Plain Milk 300ml (14g)..... \$1.50
LOL 250ml ((27g) \$2.00
Razzberry, Black Currant, Tropical, Strawberry
Quench 350ml (10g) \$2.00
Cola, Lemonade, raspberry, Lime or Blue
Glee 250ml (16g)..... \$2.00
Grape, Berry, Strawberry, Blackcurrant
Slushi (small serve) (15g) \$1.80
Slushi (Medium serve) (20g)..... \$2.20
Krazy Lemon 355ml (16g) \$1.80
Iced Tea (17g)..... \$2.30
Peach, Strawberry, Watermelon
Cherry/Lime

SNACKS

Muffins (made in Tuckshop) \$1.40
Chocolate or Caramel Banana
Large Choc Chip Cookie \$1.20
Pikelets x 2 with fruit spread \$1.20
Jelly & Custard \$1.20
Jelly & Fruit \$1.20
Yoghurt Strawberry or Vanilla ... \$2.00
Fresh Fruit Salad (made daily).... \$1.80
Mini Iced Finger Bun..... \$1.20
Seasonal Fruit \$1.00
Chips or JJ Crackers..... \$1.00
Rice Bites (GLUTEN FREE)..... \$1.00
Cheese, Chicken, Plain
Popcorn..... \$0.70
Pretzels \$1.20

SUSHI MENU available every WEDNESDAY

ALL SUSHI\$2.80 each * Chicken, Cue & Avocado * Tuna, Cue & Avocado
* Avocado * Prawn * California Roll * Vietnamese Roll
6pc Sushi Combination \$4.30