



MEAL DEALS

Available Monday to Friday
Both Breaks.



Chicken Chippie Meal Deal

Amb Oven Baked Chicken Chippies (6)
+ Carrot sticks (6) + a Drink \$5.00

Amb Oven Baked Chicken Chippies (6)
+ a Corn Cob + a Drink \$5.50



Lasagna Meal Deal

Amb Homemade Lasagna
+ Garlic Bread + a Drink \$6.50



Pizza Meal Deal

Amb Homemade Pizza:
Ham & Cheese / Hawaiian / BBQ Chicken \$6.50
+ Garlic Bread + a Drink



DRINKS



Amb Milk - UHT (low fat) - 250ml
Chocolate or Strawberry \$2.00

Grn Water - 600ml \$2.00

Amb 99% Juice Poppers - 250ml
Apple or Orange \$2.00





Amb Fruit Slushie: Lime, Raspberry or Mix -220ml
(Is a 99% Fruit Juice Mixer, NOT cordial) \$2.00



FROZEN TREATS



If pre-purchased, please take your brown Paper Bag
to Tuckshop for collection. # Including mousse,
custard, yoghurts, w/melon whiz & p/apple crush.

Amb	Zooper Dooper	\$0.50
Amb	Lemonade Icy Twist	\$1.20
Amb	Bulla Vanilla Party Cup 	\$1.20
Grn	Bulla Frozen Yoghurt Mango or Strawberry  	\$2.00
Grn	Watermelon Whizzer  GF DF V (frozen blended watermelon in a cup)	\$0.50
Grn	Pineapple Crush GF V DF (frozen crushed pineapple in a cup & yoghurt topping)	\$0.50



BEFORE SCHOOL BREKKIE MENU 8am to 9am

Amb	Raisin Toast with Margarine	\$0.50
Amb	Wholemeal Toast w/ Jam, Vegemite, Honey	\$0.50
Amb	Pikelets w/Marg, Jam, Honey or Vegemite	\$1.00
Grn	Super Fruit Snack (Sm. Serve fruit e.g. Apple, or orange or Watermelon)	\$1.00
Amb	Apple & Cinnamon Muffin	\$1.00
Amb	Mini Banana Bread Loaf	\$1.50
Grn	Vanilla Yoghurt OR Custard Cup	\$1.00
Grn	Small Fruit Salad	\$3.00
Grn	Large Fruit Salad	\$4.00
Grn	Berry Yoghurt Crunch	\$3.00
Grn	Cheese Toasty	\$2.00
Amb	Ham & Cheese Toasty	\$3.50
	Water, Milks & Juices (see drinks menu)	\$2.00



Eimeo Road State School
TUCKSHOP MENU



Ph: 4969 7115 E: ersstuckshop@gmail.com

THE SNACK SHACK

Open - Monday to Friday

ALL orders MUST be in BEFORE 9am

Via: 1. * Brown Paper Bag *
Please Take Directly to Tuckshop
*** Bag orders Must Have ***

Childs Name, Class & Break recorded on
each bag (1st or 2nd) ~ 1 bag per break.
Please ! **NO** staples or tape & use black or blue
pen.

OR 2. * Online ordering *
www.flexischools.com.au

Smart Choices compliant & rated 4/5 by QAST

Traffic light categories - menu labels:



Red (occasional) = n/a

Amber (select carefully) = **Amb**

Green (have plenty) = **Grn**

Allergen advice labels:


Dairy Free = **DF** Gluten Friendly = **GF** Meat Free = **V**

Operated by the ERSS P&C & managed by a qualified Tuckshop Convenor.
We greatly appreciate volunteer help which keeps costs down. For all
enquiries, please contact the tuckshop directly or Email P&C at:
pandc@eimeoroadss.eq.edu.au. The Current menu is on the school website
& on our Facebook Group: Eimeo Road State School P&C Noticeboard.
Thanks for your support!



SANDWICHES

Made fresh daily: On wholemeal bread.

Amb	Vegemite OR Jam OR Honey	V	\$1.00
Grn	Cheese (sliced) 	V	\$2.00
Amb	Ham - sliced or		\$3.00
Grn	Chicken - pieces or		\$3.00
Grn	Tuna & Mayo		\$3.00
Grn	Mashed Egg & Mayo + Lettuce	V	\$3.20
Grn	ADD (individually select each salad item) Lettuce, Tomato, Carrot, Cucumber & Capsicum.	V	\$0.20 each
Grn	ADD + sliced/grated cheese	V	\$.50

Toasting (no charge)

(Grated Cheese used in all toasting's)



WRAPS

= Incl, Standard salad of Lettuce, Tomato, Carrot, Capsicum & Cucumber.

Grn	# Salad Wrap (no meat)	V	\$3.00
Grn	# Chicken & Salad		\$4.50
Grn	Oven Baked Fish + Lettuce + Tartare		\$4.50
Grn	Chicken Chippies (4) + Lettuce + Mayo		\$4.00
Grn	# Ham & Salad		\$4.50
Grn	Chicken Burrito Wrap (warm) (with grated cheese & a tomato based burrito sauce)		\$4.50
Grn	ADD + sliced/grated cheese		\$0.50

RICE PAPER ROLLS

Chicken or Tuna filling with carrot, capsicum, cucumber & a mayo and/or mild sweet chilli filling sauce.

Grn	Chicken	(2 rolls per serve)	GF	\$3.00
Grn	Tuna	(2 rolls per serve)	GF	\$3.00



FRESH SALAD





Salad Tubs are made fresh daily on site

with lettuce, tomato, carrot, cucumber, capsicum,
Choice of dressings: Mayo or Sweet Chilli



Grn	Salad Tubs (no meat)	Small	\$3.00
	(Choice of size)	Large	\$4.00
	ADD +		
Grn	Chicken or Ham or Tuna	GF DF	\$1.00
	Grated Cheese	V	\$0.50
	Egg (whole)	V	\$1.00


HOT FOOD

Grn	Corn Cob (with margarine) 	GF V	\$1.00
Amb	Garlic Bread 	V	\$1.50
Grn	Homemade Lasagna 		\$3.50
Grn	Butter Chicken w/Rice & Green Beans	GF	\$3.50
Grn	Teriyaki Chicken w/ Stir fry vegies & Hokkien Noodles		\$3.50
Amb	Meat Pie 		\$3.50
Amb	Sausage Roll		\$3.50
Grn	Gluten Free Chicken Nuggets x 4 with Carrot Sticks (6)	GF	\$3.50
Grn	Gluten Free Chicken Nuggets x 4 with a Corn Cob	GF	\$4.00
Amb	Homemade Kids Pizza Ham & Cheese /Hawaiian /BBQ Chicken		\$3.50

SAUCE PACKETS

Amb	Tomato / BBQ	\$0.30
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GO GREEN SNACKS

Grn	Carrot Sticks (6) 	DF GF V	\$0.50
Grn	Popcorn bag (air-popped)	GF V	\$0.50
Grn	Salada + Cheese & Tomato x 1	V	\$1.00
Grn	Cheese & Crackers Tub	GF V	\$1.00
Grn	Apple OR Orange OR Watermelon	DF V	\$1.00
Grn	Boiled Egg x 1 (peeled & sealed)	DF GF V	\$1.00
Grn	Vanilla Custard Cup	V	\$1.00
Grn	Vanilla Yoghurt Cup	V	\$1.00
	Healthy Egg Snack Box	V GF	
Grn	Boiled Egg, Carrot, & Capsicum Sticks, Lite Cheese Cubes & Rice Crackers.		\$3.00
	Healthy Hummus Snack Box	V	
Grn	Hummus, Carrot, & Capsicum Sticks, Lite Cheese Cubes & Rice Crackers.		\$3.00
Grn	Berry Yoghurt Crunch	V	
	Vanilla yoghurt, mixed berry puree & toasted muesli		\$3.00
Grn	Fresh 4 Fruit Salad Tub	V	
	# Substitutes given if allergies noted	Small	\$3.00
		Large	\$4.00
	ADD + Plain Yoghurt topping for extra		\$0.50

SOMETIMES SNACKS

Amb	Plain Pikelets x 2 (Homemade Lite & Low) + Add Marg, Jam, Honey or Vegemite	V	\$1.00
Amb	Chocolate Mousse (school approved)	V	\$1.00
Amb	Salada + Vegemite X 1	V	\$0.50
Amb	Homemade - Apple & Cinnamon Muffin	V	\$1.00
Amb	Homemade - Mini Banana Loaf 	V	\$1.50