



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
+ Garlic Bread + a Drink \$6.50



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** \$0.50
(frozen blended watermelon in a cup)

Grn Pineapple Crush **GF V DF** \$0.50
(frozen crushed pineapple in a cup & yoghurt topping)



BEFORE SCHOOL BREKKIE MENU

8.15am to 8.45am

Raisin Toast with Margarine \$0.50

Wholemeal Toast w/ Jam, Vegemite, Honey \$0.50

Pikelets w/Marg, Jam, Honey or Vegemite \$1.00

Super Fruit Snack - Small Serve fruit
e.g. Apple, or orange or Watermelon \$1.00

Apple & Cinnamon Muffin (Homemade) \$1.00

Mini Banana Bread Loaf (Homemade) \$1.50

Vanilla Yoghurt OR Custard Cup \$1.00

Water, Milks & Juices (see drinks menu) \$2.00

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 on: 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!



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/blue pen.

OR 2. * Online ordering *
www.flexischools.com.au
~ order 24/7 ~ in advance ~ saves time ~

Education Queensland - Smart Choices compliant



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**




Brown Bag Surcharge - .10c each

Please note Brown bag charge is for tuckshop brown bags only;
***This excludes Flexischool orders.**



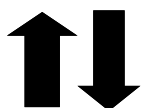
SANDWICHES

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	Honey Mustard Chicken w/Pasta & mixed vegies		\$3.50
Grn	Teriyaki Chicken w/ Stir fry vegies & Hokkien Noodles		\$3.50
Amb	Meat Pie 		\$3.50
Amb	Sausage Roll	GF	\$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		\$4.00
Amb	Homemade Kids Pizza Ham & Cheese /Hawaiian /BBQ Chicken		\$3.50

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 Yoghurt / Vanilla Custard Cup	V	\$1.00
Grn	Healthy Egg Snack Box	V	
Grn	Boiled Egg, Carrot, & Capsicum Sticks, Lite Cheese Cubes & Rice Crackers.	GF	\$3.00
Grn	Healthy Hummus Snack Box	V	
Grn	Hummus, Carrot, & Capsicum Sticks, Lite Cheese Cubes & Rice Crackers.		\$3.00
Grn	Berry Yoghurt Crunch		\$3.00
	Vanilla yoghurt, mixed berry puree & toasted muesli	V	
	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

SAUCE PACKETS

Amb	Tomato / BBQ		\$0.30
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