



MEAL DEALS

Available Monday to Friday
Both Breaks.



Chicken Chippie Meal Deal

Amb Oven Baked Chicken Chippies (6)
+ Carrot sticks or Corn Cob + a Drink \$6.00



Lasagne Meal Deal

Amb Homemade Lasagne
+ 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



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	GF	\$0.50
Amb	Lemonade Icy Twist	GF	\$1.50
Amb	Bulla Vanilla Party Cup	GF	\$1.50
Grn	Bulla Frozen Yoghurt Mango or Strawberry	GF	\$2.50
Grn	Watermelon Whizzer (frozen blended watermelon in a cup)	GF DF V	\$0.50
Grn	Pineapple Crush (frozen crushed pineapple in a cup & yoghurt topping)	V DF	\$0.50



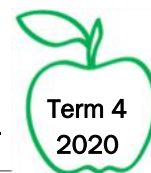
BEFORE SCHOOL BREKKIE MENU 8.15am to 8.45am

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, 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:

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.**

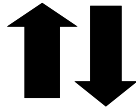


SANDWICHES

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	\$3.50
Grn	ADD (individually select each salad item) Lettuce, Tomato, Carrot, Cucumber & Capsicum.	V	\$0.20 each
Grn	ADD + cheese or beetroot	V	\$.50
	ADD + boiled egg		\$1.00

Toasting (no charge)



WRAPS

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 bean burrito sauce)		\$4.50
Grn	ADD + grated cheese or Beetroot		\$0.50
Grn	ADD + boiled egg	GF	\$1.00
	GLUTEN FREE WRAP OPTION - Add +		\$0.50

SAUCE PACKETS

Amb	Tomato / BBQ		\$0.30
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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 or Sliced Beetroot	V	\$0.50
	Egg	V	\$1.00

HOT FOOD


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

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	\$4.00
Grn	Tuna (2 rolls per serve)	GF	\$4.00
Grn	Vegetable only (2 rolls per serve)	V GF	\$4.00

GO GREEN SNACKS

Grn	Carrot Sticks (6) 	DF GF V	\$0.50
Grn	Popcorn bag (air-popped)	DF 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	GF V	
Grn	Boiled Egg, Carrot, Capsicum Sticks, Cheese Cubes, Rice Crackers.		\$4.00
Grn	Healthy Hummus Snack Box	GF V	
Grn	Hummus, Carrot, Capsicum Sticks, Cheese Cubes, Rice Crackers.		\$4.00
Grn	Healthy Nikki Snack Box	GF V	
Grn	Hummus, 2 x boiled eggs, Carrot, Capsicum, Cucumber		\$4.00
Grn	Berry Yoghurt Crunch	V	\$3.50
Grn	Fresh Fruit Salad	V GF	Small \$3.50 Large \$4.50
	ADD + Vanilla Yoghurt topping for extra		\$0.50

SOMETIMES SNACKS

Amb	Plain Pikelets x 2 + Add Marg, Jam, Honey or Vegemite	V	\$1.00
Amb	Chocolate Mousse (school approved)	GF 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