



## Winter Menu

Order online using Flexischools by 8.15am

[www.flexischools.com.au](http://www.flexischools.com.au)

Over the counter orders by 9.15am (50c processing fee)

**Cancellations:** Flexischools by 8.15am or by contacting our Tuckshop Convenor on (07) 3900 9429 by 9.30am

### Tuckshop Contact Information:

**Tuckshop Convenor:** Ms Sharyn Howe

**Ph:** (07) 3390 9429 Mon – Fri 8.30am till 2pm

**Email:** [Tuckshop@camphillpandc.com.au](mailto:Tuckshop@camphillpandc.com.au)

Look out for specials from your Class Parent Representative (CPR)

**Volunteers needed 9am till 11.30am – even just once a month**

**ALL WELCOME!**

Mum's, Dad's, Carers or Grandparents

Tea/Coffee & lunch provided

Your kids love seeing you there!

**Volunteer**

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## Meal Deals PRE-ORDER ONLY

### Monday / Wednesday Deals:

- Hamburger **OR** chicken burger meal with Orange half **OR** muffin & a 150ml poppa **OR** 600ml water. \$6.20
- Hamburger **OR** chicken burger only \$4.70

All burgers available come with lettuce, tomato, cucumber and carrot. Your choice of mayonnaise, tomato or BBQ sauce. Extra fillings ie: cheese can be added for additional cost. Please refer to 'Extra Fillings'.

### Tuesday / Thursday Deals:

- Hotdog with tomato or BBQ sauce **OR** 6 chicken nuggets meal with banana bread **OR** frozen fruit treats & a 150ml poppa **OR** 600ml water \$5.20
- Hotdog **OR** 6 chicken nuggets only \$3.40

### Friday Deals:

- Homemade sausage roll **OR** Homemade pizza: Ham & Pineapple, Meatlovers or Cheese with Icy Fruit Cup **OR** apple slinky & a 150ml poppa **OR** 600ml water \$5.20
- Homemade sausage roll **OR** homemade pizza only \$3.60

## Everyday Hot Food available Monday to Friday PRE-ORDER ONLY

- \*\*NEW\*\*** Butter chicken with rice (may contain traces of nuts) \$4.00
- \*\*NEW\*\*** Homemade roasted Sweet Potato & coconut soup (**soup only GF, DF**) with herb & garlic dippers \$4.00
- Homemade Pumpkin soup (**soup only GF, DF**) with herb & garlic dippers \$4.00

Homemade Pasta Bolognese <b>(GF)</b>	\$4.10
Homemade Macaroni Cheese with peas and corn <b>(GF)</b>	\$3.80
Hot roast gravy rolls: Chicken <b>or</b> Beef <b>(GF available – add \$1.60)</b>	\$4.10
Garlic naan	\$1.60
Mini spinach & cheese rolls	\$1.30
Potato gems (10) <b>(GF)</b>	\$2.10
Fried Rice <b>(GF)</b>	\$3.60
Snack Pie	\$2.60
Chicken Wing Dings (2pcs) <b>(GF)</b>	\$2.60
Sauce (Tomato/BBQ)	\$0.30

## Sandwich Bar PRE-ORDER ONLY

- **All** sandwiches are made using multigrain or hi fibre white bread.
- **Gluten friendly bread available at additional cost** (Refer to extra fillings)

Ham <b>(GF)</b>	\$2.90
Chicken – breast meat <b>(GF)</b>	\$3.50
Cheese <b>(GF)</b>	\$2.70
Salad (lettuce, tomato, carrot, cucumber) <b>(GF)</b>	\$3.30
Tuna	\$3.40
Roast Beef <b>(GF)</b>	\$2.90
Vegemite or Jam	\$2.30

## Extra Fillings / Options PRE-ORDER ONLY

Cheese <b>(GF)</b>	\$0.70
Lettuce <b>OR</b> tomato <b>OR</b> cucumber <b>OR</b> beetroot <b>OR</b> carrot <b>(GF)</b>	\$0.40
Avocado	\$0.80
Pineapple <b>(GF)</b>	\$0.50
Mayo <b>(GF)</b>	\$0.50
Slice of ham or roast beef <b>(GF)</b>	\$0.90
Chicken <b>(GF)</b>	\$1.50
Tuna <b>(GF)</b>	\$1.50
Toasting	\$0.40
<b>Gluten Friendly Bread</b>	\$1.60
Wrap (instead of sandwich bread)	\$0.80

## Sensational Salads PRE-ORDER ONLY

- Garden Salad-lettuce, tomato, cucumber, carrot, beetroot, cheese & dressing **(GF – please indicate)** \$4.60
- Greek Salad-tomato, cucumber, olives, Spanish onion, feta, lettuce & dressing **(GF – please indicate)** \$5.10

## Salad Add On's PRE-ORDER ONLY

Chicken <b>(GF)</b>	\$1.50
Tuna <b>(GF)</b>	\$1.50
Roast Beef/Ham <b>(GF)</b>	\$0.90

## Healthy Snacks PRE-ORDER or Over the Counter

Apple slinky <b>(GF)</b>	\$1.40
Orange Half <b>(GF)</b>	\$1.10
Fruit Salad <b>(GF)</b>	\$3.60
Frozen fruit treats <b>(GF)</b>	\$1.60
Carrot & cucumber sticks, cheese, crackers & dip <b>(GF)</b>	\$2.10
Sumo Cookies	\$0.50
Vanilla yogurt cup <b>(GF)</b>	\$2.10
Berry crunch yogurt cup	\$2.60

We are a **nut aware Tuckshop** and we also take great care to use separate preparation tools to provide gluten friendly (GF) options however products containing gluten are produced on our premises. If your child/ren has a Food Allergy or Anaphylaxis plan and/or food intolerances, please provide details to our Tuckshop Convenor. Our aim is to provide a great range of inclusive options.

## Occasional Treats PRE-ORDER or Over the Counter

*Ice blocks are NOT AVAILABLE for Prep – Year 2 unless for Birthday Orders*

Vanilla sponge cake (GF)	\$2.60
Homemade Chocolate muffin	\$1.60
Banana bread	\$1.00
Melting Moments (GF & DF)	\$1.60
Pikelets with butter or jam	\$2.30
Chips (GF)	\$1.80
<b>NEW</b> Kettle popcorn (GF)	\$1.80
Ice mony (GF)	\$1.30
Fruit ice cup (GF)	\$1.20
Ghost Drops (GF)	\$1.00
Islandway Sorbet (GF)	\$2.60
Fruity Ices (GF)	\$0.50
YoTwist Frozen Yoghurt (GF)	\$2.00

### Drinks PRE ORDER or Over the Counter

600ml water (GF)	\$1.20
750ml Pop Top Water (GF)	\$1.80
Sparkling Mineral Water (GF)	\$1.80
150ml poppa (GF)	\$1.30
Krazy lemon (GF)	\$2.30
Plain milk (GF)	\$1.60
Flavoured milk (GF)	\$2.40

### Birthday Orders PRE-ORDER through Flexischools

**Please notify your teacher. Birthday boy/girl picks up from Tuckshop**

TNT Sours x pack of 25 (GF)	\$10.00
Fruity Ices x pack of 25 (GF)	\$10.00

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