

Tuckshop Menu



5436 7300 Online Orders: www.flexischools.com.au email: tuckshop@pacluth.qld.edu.au

We only use free range chicken breast which is cooked in-house

Fresh Salads

Made fresh daily in-house

Tandoori Chicken Salad	\$6
Mixed leaves, cherry tomatoes, spring onion, sour cream dressing	
Chicken Pasta Salad	\$6
Chicken, pasta, spring onion, sweet corn, tasty cheese, cherry tomatoes, free range egg slices, mayo	
Caesar Salad	\$5
Chicken Caesar Salad	\$6
Cos lettuce, free range egg, bacon croutons, parmesan cheese, caesar dressing	
🌱 GF option available	
Moroccan Roast Veg Salad	\$6
🌱🌱 Mixed leaves, seasonal veg, feta, fresh herbs, yoghurt dressing	
Garden Salad	\$5
Garden Salad with Chicken	\$6
Mixed lettuce, tomato, cucumber, sprouts, red onion	

Sandwiches & Wraps

Egg & Lettuce	\$5
Chicken, Ham & Salad	\$5
Tuna & Salad	\$5
Ham & Cheese	\$4.5
Chicken Caesar Wrap	\$5.5
Tandoori Chicken Wrap	\$5.5
Vegetarian	\$3.5
Cheese	\$3.5
Choose from white, wholemeal or multigrain bread	
Upgrade sandwich to wrap	.50c
Toasted	.50c
Extra filling each eg tomato, cheese	.50c

Sushi \$4 each

Crispy Chicken & Avo
Tuna & Avo
Tempura Prawn & Mayo
Tempura Vegetarian
Chicken Honey Soy

Meals –cooked in-house

Spaghetti Bolognese	\$5
Mac & Cheese	\$5
Garlic Bread	\$2.5
Pizza:	
Ham & Pineapple	\$4.5
with pizza sauce, cheese	
BBQ Chicken & Bacon	\$4.5
with pizza sauce and Cheese	
Margarita	\$4.5
pizza sauce, fresh tomato, cheese	

Burgers \$5 each

Hamburger	
100% beef patty, lettuce, tomato, cheese, bbq sauce	
Cheese Burger	
100% beef patty, cheese, tomato sauce	
Chicken Burger	
Chicken breast patty, lettuce, tomato, mayo	

Pies etc

Small pie	\$2.5
Large pie	\$4
Large Sausage Roll	\$3.5
Cheese & Spinach Triangle	\$3.5
Chicken Goujons x 6	\$3.5
Hash Brown	\$1
Cup of Noodles	\$4
(to be picked up at counter)	

Bakery Items

Muffin of the Day	\$2.5
(baked fresh daily in-house)	
Slice of the day	\$1
(baked fresh daily in-house)	
Choc Chip Cookie	\$1
Kez Choc Chip Cookie	\$1
Cheese & Bacon Scroll	\$3
Cheese & Vegemite Scroll	\$3

Frozen Treats

Frozen Yoghurt	\$3
Island Way Sorbet	large \$3.5
	Small \$2.5
Lemonade Icy Block	\$1.5
TNT	\$1
Light Bulla Ice Cream Tub	\$2.5

Snacks

Mezze Plate	\$4.5
seasonal veg sticks, tasty cheese cubes, hummus, crackers	
(hummus made fresh in-house)	
Boiled Free Range Egg	\$1.5
Fresh Fruit Salad	small \$3
	large \$5
Fruit Salad Crunch	\$6
Greek yoghurt & nut free muesli crunch	
GF available	
Apple Slinky	\$1.5
Whole Sliced Orange	\$1.5
G'K Popcorn	\$1.5
Jumpy's	\$1.5
Red Rock Honey Soy Chips	\$1.5

Drinks

Dairy Farmers 300ml	\$2.5
Chocolate, strawberry, iced coffee	
Dairy Farmer 500ml	\$3.5
Choc, vanilla, double espresso, mocha	
Farmers Union Iced Coffee	\$3.5
600ml	
Golden Circle 250ml	\$2.5
99% Juice orange, apple, black currant	
Golden Circle 350ml	\$3
99% Juice Orange, apple, black currant	
Water 600ml	\$2
Water 1.5lt	\$3.5
Sparkling Water 500ml	\$3
Up & Go	\$2.5

Specials Lunch time only

Monday – pie tbc	\$4
Tuesday Butter Chicken	\$6
Wednesday Fried Rice	\$5
rice, bacon, mixed veg, free range egg, shallot, soy – served in a noodle box	
Thursday Hot Dog	\$4.5
Friday	
Finger Bun	\$2.5
BLT on turkish bread w mayo	\$6