

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

\$5 each - add chicken \$1

Made fresh daily in-house

Tandoori Chicken Salad

Mixed leaves, cherry tomatoes, spring onion, sour cream dressing

Chicken Pasta Salad

Chicken, pasta, spring onion, sweet corn, tasty cheese, cherry tomatoes, free range egg slices, mayo

Caesar Salad

Cos lettuce, free range egg, bacon croutons, parmesan cheese, caesar dressing

GF option available

Moroccan Roast Vegetable Salad

Mixed leaves, seasonal veg, feta, fresh herbs, yoghurt dressing

Garden Salad

Mixed lettuce, tomato, cucumber, sprouts, red onion

Sandwiches & Wraps

Egg & Lettuce	\$4
Chicken, Ham & Salad	\$4.5
Tuna & Salad	\$4.5
Ham & Cheese	\$4
Chicken Caesar Wrap	\$5
Tandoori Chicken Wrap	\$5
Vegemite	\$3
Cheese	\$3

Choose from white, wholemeal or multigrain bread

Upgrade sandwich to wrap	.50c
Toasted	.50c
Extra filling each eg tomato, cheese	.50c

Sushi \$3.80 each

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

Meals –cooked in-house

Spaghetti Bolognese	\$4
Mac & Cheese	\$4
Garlic Bread	\$2
Pizza:	
Ham & Pineapple	\$4
with pizza sauce, cheese	
BBQ Chicken & Bacon	\$4
with pizza sauce and Cheese	
Margarita	\$4
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	
Vegie Burger	
Vegie patty, lettuce, tomato, mayo	

Pies etc

Small pie	\$2
Large pie	\$3.5
Large Sausage Roll	\$3.5
Cheese & Spinach Triangle	\$3.5
Chicken Goujons x 6	\$3.5
Potato Gems x 6	\$1

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	\$2.5
Cheese & Vegemite Scroll	\$2.5

Snacks

Mezze Plate	\$4
seasonal veg sticks, tasty cheese cubes, hommus, crackers (hommus made fresh in-house)	
Boiled Free Range Egg	\$1
Fresh Fruit Salad small	\$2
large	\$4
Fruit Salad Crunch	\$5
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

Frozen Treats

Frozen Juice Cups	\$1
Frozen Yoghurt	\$3
Island Way Sorbet large	\$3.5
Small	\$2.5
Lemonade Icy Block	\$1.5
TNT	\$1

Drinks

Dairy Farmers 300ml	\$2.5
Chocolate, strawberry, iced coffee	
Dairy Farmer 500ml	\$3.5
Choc, vanilla, double espresso, mocha	
Farmers Union Iced Coffee 600ml	\$3.5
Golden Circle 250ml	\$2.5
99% Juice orange, apple, black currant	
Golden Circle 350ml	\$3
99% Juice Orange, apple, black currant	
Fruzia Frozen Fruit Slushies	\$2

Friday Specials

Finger buns	\$2.5
*BLT on turkish bread w mayo	\$5
*Fried Rice	\$5
rice, bacon, mixed veg, free range egg, shallot, soy – served in a noodle box	

* Lunch time only