

Tewantin State School

Pelican's Tuckshop Menu

Now cooking most meals on-site in the Tuckshop, providing Smart Choices healthy food & drinks for our kids at school

Smart Choices is all about offering healthy food & drink choices to students in Queensland schools. The strategy requires schools to offer their students a range of healthy food & drinks, consistent with the Australian Dietary Guidelines for children & adolescents. A Smart Choices Tuckshop plays a very important role in the school and models these positive nutrition messages to our children.

Tuckshop Ordering Procedures

Please place orders in a paper bag with name, class and order clearly marked. Remember to use separate bags for Little Lunch and Big Lunch. **PLEASE DO NOT USE STAPLES** - they are a hazard to your children and Tuckshop staff.

Example How to Order: -



John Smith - 3A
BIG LUNCH
Salad Wrap \$3.00
Orange Popper \$1.50
Total \$4.50
Enclosed \$5.00
Change .50

TSS Volunteers Always Needed

The Tuckshop can only run smoothly with your assistance. If you can lend a hand on any day, even for just a short time, please contact our Tuckshop Convenor, on 53358888 or drop into the Tuckshop for a chat!

All students should put their order in the class Tuckshop Box located in their classroom on arrival to school or drop into the Tuckshop before school starts. The Tuckshop Monitors will then bring the box to the Tuckshop. The orders will be processed and the Tuckshop Monitors will collect all orders. **ALL ORDERS SHOULD BE to the Tuckshop BEFORE 9.00 AM. ORDERS RECEIVED AFTER 9.30 AM MAY NEED TO BE SUBSTITUTED.**

BREAKFAST MENU

TSS Tuckshop is open every school day from 8.15am!

MENU EFFECTIVE 18 APRIL 2017

Hot Milo	\$1.50
Toasted Crumpet	\$1.00
Seasonal Fruit	\$0.50
Seasonal Fruit Cup	\$1.50
Raisin Toast (2 x slices)	\$2.00
Plain Yoghurt	\$1.00
Cheese & Bacon Roll	\$2.00
Drinks from Main Menu – please see over	

SANDWICHES/ROLLS

Vegemite or Jam	\$1.50
Cheese	\$2.00
Egg and Lettuce	\$2.50
Curried Egg	\$2.50
Salad Sandwich	\$2.50
lettuce, tomato, cucumber, carrot capsicum, alfalfa	
Chicken, Cheese & Lettuce	\$3.50
Beef, Cheese & Chutney	\$3.50
Ham or Chicken or Tuna	\$3.00
Ham, Cheese and Tomato	\$3.50
Ham/Chicken/Beef & Salad	\$3.50

Toasted available for FREE.

Please add 50c for a Wrap.

Sandwich Fillers \$0.50
(Please add 50c for each of the following)

Tomato, Onion, Cucumber, Lettuce,
Capsicum, Alfalfa, Cheese, Beetroot
Pineapple, Boiled Egg
and Avocado (Seasonal)

SALADS

Garden Salad	\$3.00
lettuce, tomato, cucumber, carrot, corn, capsicum, alfalfa, cheese	
Caesar Salad	\$4.00
Caesar Salad w/ Chicken	\$4.50
Warm Chicken Salad	\$4.50

HOT FOOD

Homemade Sausage Roll	\$2.00
(Made in our Tuckshop)	
Chicken Wedges & Salad	\$4.00
(2 x wedges)	
Pizza	\$3.50
Hawaiian, BBQ Chicken, Vegetarian	
Beef Lasagne	\$4.00
(Made in our Tuckshop)	
Spaghetti Bolognese	\$4.00
(Made in our Tuckshop)	
Mini Corn Cob	\$0.50
Fried Rice	\$3.00
(Made in our Tuckshop)	
Jacket Potato	\$3.50
Topped with Bolognese & cheese (Made in our Tuckshop)	

Extras

Sauce Sachet..... \$0.50
(Tomato, BBQ or Chilli)

SNACKS

Muffin of the Day	\$1.00
2 Pikelets (plain)	\$1.00
2 Pikelets (Veg / Butter / Jam)	\$1.50
Custard Cup	\$1.00
Custard Fruit Cup	\$2.00
Snack Box	\$2.50
(rice crackers, egg, carrot sticks cheese & seasonal fruit wedges)	

SNACKS (cont.)

Seasonal Fruit	\$0.50
Apple Slinky	\$0.50
Seasonal Fruit Cup	\$1.50
Vegetable Cup	\$1.00
Yoghurt Berry Cup	\$2.00
Cheese & Bacon Roll	\$2.00
Boiled Egg	\$0.50
Air Popped Popcorn (bag)	\$0.50
(Made in our Tuckshop)	
Sultanas (per bag)	\$0.50
Anzac Biscuit	\$0.20
Dip & Vege Sticks	\$2.00
Kids Survival Pack	\$1.00
Popcorn, Dried Apricots & Apple & Sultanas	
Cheese & Rice Crackers (4)	\$1.00

DRINKS

Bottled Water 600ml	\$1.50
Flavoured Milk 300ml	\$2.00
Low-fat Choc, Strawberry or Banana	
Plain Milk 300ml	\$1.20
Poppers	\$1.50
(A selection of flavours available)	

COLD FOOD

TNT	\$1.50
(Choc, Raspberry, Watermelon Fizz)	
Calippo	\$1.50
Lemonade Paddle Pop	\$1.50
Quelch Stick	\$1.00
(A selection of flavours available)	

TSS DAILY SPECIALS

MONDAY	\$4.50
Chicken Tender Roll (with Lettuce, Tomato, Mayonnaise or Chilli Sauce)	
TUESDAY (Made in our Tuckshop)	\$4.00
Taco Tuesday (Soft tortilla served with Mexican mince, lettuce, tomato & cheese)	
WEDNESDAY (Made in our Tuckshop) Big Lunch only	\$4.50
Sushi (Chicken or Tuna) One order equates to a full roll which will be cut in 2 pieces.	
THURSDAY (Made in our Tuckshop)	\$3.50
Healthy Macaroni & Cheese	
FRIDAY (Patties made in our Tuckshop with 100% beef)	\$4.50
Pelican Burger (With Lettuce, Tomato & Cheese)	

Keep an eye out for
our Tuckshop Specials
and Fundraising Events
that we will be
holding during
2017

MENU EFFECTIVE
18 APRIL 2017

