

# Tuckshop

chapelhilltuckshop@gmail.com

## Fresh/Toasted Sandwiches

Cheese/Ham/Chicken/Vegemite/Jam/Honey	From \$4.00
Optional Extras, Salad	
W/ Gluten Free Bread	\$0.50

## Hot Food

Sausage Roll	\$3.50
Party Pie	\$2.50
Chicken Tenders	\$3.00
Crumbed Chicken Tender Wrap	\$5.00
Butter Chicken	\$5.50
Fried Rice	\$4.50
Ham and Cheese Croissant	\$4.00
Corn Cob	\$1.20
Seasonal Soup	\$4.50

## Pasta Pots

Bolognese	\$5.00
Bolognese and Cheese	\$5.50
Cheese	\$4.00
Ham and Cheese	\$4.50

## Lunch Extras/Second Break

Seasonal Fruit	\$1.30
Carrot Coins	\$1.30
Hard Boiled Egg	\$0.70
Vanilla Yoghurt	\$1.50
Custard Pot	\$1.50
Fruit Salad in Juice Cup	\$1.50
Rice Crackers	\$1.00
Cheese and Rice Crackers	\$1.50
Pretzels	\$1.00
Popcorn	\$1.00
Cookies	\$2.00
Muffins (Assorted flavours)	\$2.00

## Drinks

Nudie Juice - Apple, Tropical or Orange	\$2.50
Upple - Apple in a Bottle	\$3.00
Flavoured Milk	\$2.50
Bottled Water	\$1.50



# Daily Specials

## Monday

### Sushi Bowls

Option of Crumbed Chicken or Tuna with carrot, cucumber, Kewpie Mayonnaise

Nori

W/ Soy Sauce

\$4.70

\$0.30

## Tuesday

### Honey Soy Chicken Stir Fry

Hokkien noodles, chicken, snow peas, capsicum, onion, honey and soy sauce

\$5.50

## Wednesday

### Beef Burger

W/ Sauce/Cheese and Sauce/Cheese, Salad and Sauce

\$4.50

From \$0.30

### Chicken Burger

W/ Option of mayonnaise, lettuce and tomato sauce

\$5.00

## Thursday

### Nachos

Corn strips and Nacho mince

W/ Cheese/Salad/Sour Cream

\$4.50

From \$0.30

### Baked Potato

W/ Bolognese/Cheese/Sour Cream/Butter

\$4.00

From \$0.30

## Friday

### Pizzas

Ham

\$5.00

Cheese

\$4.00

Ham and Pineapple

\$5.20

BBQ Chicken

\$5.50

Pepperoni

\$5.00

### Garlic Roll

From \$1.00



# Information

## Allergens

Our tuckshop uses ingredients which contain the most common food allergens. They include, but are not limited to, egg, gluten, dairy, and at times fish, sesame seed and soy. If your child has any known allergies or intolerances, please be aware that although CHSS Tuckshop makes every effort to ensure proper food handling, there is always a risk of cross contamination. Our menu items are free from nuts, however ingredients used to make these products may have been processed where nuts were present. If you have any questions regarding food allergies, please email us at [chapelhilltuckshop@gmail.com](mailto:chapelhilltuckshop@gmail.com).

## Opening and Special Days

The Tuckshop is open Monday to Thursday from 8:30am to 1:00pm and Friday from 8.30 to 2pm. We serve lunch and second break orders at 11:30 am and frozen items are collected from the Tuckshop at second break on Fridays.

We regularly run Special Days throughout the term, keep an eye on the Newsletter for dates.

## Ordering

Flexischools is a quick and easy way to place your order online - remember before 8:30am for same day orders. Please log on to Flexischools website for terms & conditions.

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

Paper bags - Clearly mark child's name, class and the order with correct pricing. Place money in the bag and deliver to tuckshop before 8:45am. A 50 cent fee applies. Some items may not be available to order over the counter due to stock availability.

## Volunteers

We currently don't need daily volunteers to run the Tuckshop with our paid staff model. However if you would like to pop by for a morning and help, please send us an email at [chapelhilltuckshop@gmail.com](mailto:chapelhilltuckshop@gmail.com). We are welcoming volunteers into the Tuckshop on Wednesdays and Thursdays each week.

## Birthday Orders

The tuckshop can prepare a class set of Birthday icy poles and cupcakes. Children with food allergies will be provided with an ice block. Please order on Flexischools. One week's notice is required for orders. Birthday orders are delivered to the classroom at 1.15pm on the date requested.

