Meal Deals

Food: Choice of 1 meal from below

Drink: Water or 100 % Fruit Juice (Flavours: Apple, Orange, Apple/Blackcurrant)

Treat: 2 x Cookies or Quelch



<u>Meal Deal #1 - \$6.50</u> Choose 1 of: Lasagne Macaroni Cheese Pasta Bolognese Chicken Burger Large Salad Box (Add 90c for Ham or Chicken)



<u>Meal Deal #2 - \$5.50</u> Choose 1 of: Pizza Hot Dog Nachos 4 x Nuggets/Chippees Small Salad Box (Add 90c for Ham or Chicken)

Meal Deal #3 - \$4.50 Choose 1 of: Cup of Noodles Small Pie Puppy Dog (1/2 hot dog) Vegemite, Jam or Peanut Butter Sandwich Over the counter orders will be accepted until <u>8.30am</u>, with both Cash and EFTPOS payments available.

The Tuckshop reserves the right to delete or substitute any ordered items when money received is less than order total. Prices are subject to change without notice, due to supplier increase.



Volunteers:

Could you spare some time during the day on a Friday? The tuckshop runs with the support of volunteers PLUS the kids love seeing a familiar face working in the

tuckshop!

Each volunteer will receive a \$6.50 voucher to put towards

<u>your child's order</u>.

If you can help, please contact the P&C via email: <u>shsspandc@hotmail.com</u> or phone the school office: 3624 2222

Donations:

Small cans of pineapple rings or pieces, paper towel, tuna in springwater and tuckshop bags are gratefully accepted and much appreciated.

Email: shsspandc@hotmail.com

Somerset Hills State School Tuckshop Menu



Tuckshop Open: Wednesday's & Friday's 1st & 2nd Breaks



At **Somerset Hills State School**, we recognise the important role that good nutrition plays in every child's physical and intellectual development. We are proud to offer a comprehensive menu of tasty and nutritious foods.

This menu has been designed in consideration of Education Queensland's *Smart Choices* Strategy.

The Tuckshop menu is available on the school website <u>www.somersethillsss.eq.edu.au</u> under Our Community. Online ordering available now at <u>www.quickcliq.com.au</u>

HOT FOOD

Cup of Instant Noodles - Chicken or Beef	2.30
Garlic Bread	2.30
Nachos - cheese, salsa	4.00
Fried Rice	4.00
Hot Dog (Low Fat)	3.20
Puppy Dog - <u>1/2</u> hotdog for little appetites (Low Fat)	1.90
With Cheese add	0.60
Pizza – (Low fat) (Ham/Pineapple, Meatlovers, Ham/Cheese, BBQ Chicken, Cheese) Chicken Nuggets or Chicken Chippies \$0.90 each 4 for \$3.40 6 for \$4.50 Pie – Small Party Pie Size (Low Fat)	4.00
Tomato/BBQ Sauce	0.50
Soy Sauce	0.50

PASTA

Lasagne – lasagne sheets, beef sauce* & white sauce	4.50
Bolognese - spiral pasta, w /meat-based sauce*	4.00
Macaroni Cheese – macaroni with cheese sauce	4.00

BURGER

Chicken Burger (w lettuce & mayo)

With Cheese With Pineapple add With Egg add With Tomato add

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- AND	- and the		

4.50

0.60

0.60

0.60

0.60

All fresh food cooked and prepared onsite from fresh ingredients. All products are Low Fat * = Finely grated vegies added to meet 'green food' healthy

eating guidelines

(High Fibre White Bread)	
Vegemite or Jam	1.80
Peanut Butter	1.80
Ham or Chicken	2.80
Ham or Chicken & Cheese	3.40
Ham or Chicken & Tomato	3.40
Ham or Chicken, Cheese & Tomato	4.00
Cheese	2.30
Cheese & Tomato	2.90
Egg & Lettuce with or without mayo	2.80
Salad Lettuce, Tomato, Carrot - 2 nd Break Only	3.40
Ham or Chicken & Salad - 2 nd Break Only	4.00
Add Pineapple	0.60
Add Cheese	0.60

SANDWICHES and WRAPS

SUSHI - Only available Wednesday 1st Break

0.00

3.40

3.40



Toasting

QUESADILLA

(Multigrain tortilla, folded in half & toasted)	
Ham or Chicken & Cheese	3.00
Ham or Chicken, Cheese & Tomato	3.60
Ham or Chicken, Cheese & Pineapple	3.60

SALAD BOXES - 2nd Break Only

(Lettuce, Tomato, Carrot, Pineapple)

Small		3.40
Large	ARC AC	4.50
Add Ham		0.90
Add Chicken	AND SIZ	0.90
Add Tuna in Springwater		1.10
Add Boiled Egg		0.60
Add Cheese		0.60
Add Mayonnaise		0.50

DRINKS

1.50 Water - 600ml 2.00 Juice - 100% Orange, Apple, Apple & Blackcurrant Breaka 300ml - Chocolate, Strawberry, Vanilla

Plain Milk Cup of Milo - Warm or Cold



ICEBLOCKS and ICECREAM

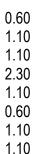
Water Iceblocks - Lemonade, Ras	pberry, Cola,
Ice Mony Iceblock - Blue raspber	ry
Calippo – Raspberry	
Moosies – Chocolate, Bubblegum	
Quelch – 99% Fruit Juice	C
	A

SNACKS

Boiled Egg Frozen Orange Wedges
Watermelon Slice
Fruit Salad Cup
Vanilla Custard Cup
Cookie
Corn on the Cob with or without butter
Fresh Fruit Apple, Apple Slinky
Popcorn – Salted







1.50



0.70

1.10

1.40

1.40