

## 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



### Meal Deal #1 - \$6.50

Choose 1 of:

Lasagne

Macaroni Cheese

Pasta Bolognese

Chicken Burger

Large Salad Box (Add 90c for Ham or Chicken)



### Meal Deal #2 - \$5.50

Choose 1 of:

Pizza

Hot Dog

Nachos

4 x Nuggets/Chippies

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)

Vegetemite, Jam or Peanut Butter Sandwich



Over the counter orders will be accepted until 8.30am, 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 your child's order.

If you can help, please contact the P&C via email: [shsspandc@hotmail.com](mailto:shsspandc@hotmail.com) 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](mailto: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 [www.somersethillsss.eq.edu.au](http://www.somersethillsss.eq.edu.au) under **Our Community.**

Online ordering available now at [www.quickcliq.com.au](http://www.quickcliq.com.au)

## HOT FOOD

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



## PASTA

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

## BURGER

<b>Chicken Burger</b> (w lettuce & mayo)	4.50
With Cheese	0.60
With Pineapple add	0.60
With Egg add	0.60
With Tomato add	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

## SANDWICHES and WRAPS

(High Fibre White Bread)

<b>Vegemite or Jam</b>	1.80
<b>Peanut Butter</b>	1.80
<b>Ham or Chicken</b>	2.80
<b>Ham or Chicken &amp; Cheese</b>	3.40
<b>Ham or Chicken &amp; Tomato</b>	3.40
<b>Ham or Chicken, Cheese &amp; Tomato</b>	4.00
<b>Cheese</b>	2.30
<b>Cheese &amp; Tomato</b>	2.90
<b>Egg &amp; Lettuce</b> with or without mayo	2.80
<b>Salad</b> Lettuce, Tomato, Carrot - 2 <sup>nd</sup> Break Only	3.40
<b>Ham or Chicken &amp; Salad</b> - 2 <sup>nd</sup> Break Only	4.00
Add Pineapple	0.60
Add Cheese	0.60
<b>Toasting</b>	0.00



## SUSHI - Only available Wednesday 1<sup>st</sup> Break

<b>Crumbed Chicken</b>	3.40
<b>Tuna</b>	3.40



## QUESADILLA

(Multigrain tortilla, folded in half & toasted)

<b>Ham or Chicken &amp; Cheese</b>	3.00
<b>Ham or Chicken, Cheese &amp; Tomato</b>	3.60
<b>Ham or Chicken, Cheese &amp; Pineapple</b>	3.60



## SALAD BOXES - 2<sup>nd</sup> Break Only

(Lettuce, Tomato, Carrot, Pineapple)

<b>Small</b>	3.40
<b>Large</b>	4.50
Add Ham	0.90
Add Chicken	0.90
Add Tuna in Springwater	1.10
Add Boiled Egg	0.60
Add Cheese	0.60
Add Mayonnaise	0.50



## DRINKS

<b>Water</b> – 600ml	1.50
<b>Juice</b> - 100% Orange, Apple, Apple & Blackcurrant	2.00
<b>Breaka</b> 300ml - Chocolate, Strawberry, Vanilla	2.50
<b>Plain Milk</b>	1.40
<b>Cup of Milo</b> - Warm or Cold	1.80



## ICEBLOCKS and ICECREAM

<b>Water Iceblocks</b> - Lemonade, Raspberry, Cola	0.70
<b>Ice Mony Iceblock</b> – Blue raspberry	1.10
<b>Calippo</b> – Raspberry	1.40
<b>Moosies</b> – Chocolate, Bubblegum	1.40
<b>Quelch</b> – 99% Fruit Juice	0.80



## SNACKS

<b>Boiled Egg</b>	0.60
<b>Frozen Orange Wedges</b>	1.10
<b>Watermelon Slice</b>	1.10
<b>Fruit Salad Cup</b>	2.30
<b>Vanilla Custard Cup</b>	1.10
<b>Cookie</b>	0.60
<b>Corn on the Cob</b> with or without butter	1.10
<b>Fresh Fruit</b> Apple, Apple Slinky	1.10
<b>Popcorn</b> – Salted	1.50

