

How to Order

Online

Save time and order online at www.flexischools.com.au by 8.30am.

If you have ordered online you DO NOT need to send in a bag.

You can even order in advance for the whole term.

Bags

Using a Brown Paper bag clearly write the following:

*Name & Class

*Which Break – 1st or 2nd

*Food/ Drink items

*Total cost of order

****Please do not use sticky tape or staples****

Your child will need to place their orders in the classroom Tuckshop Tub or deliver to the Tuckshop by 9am. The Tuckshop is run by the P&C Association and we aim to offer quality food choices that your children will enjoy.

1st Break: 11am – 11.40am

2nd Break: 1.10pm – 1.50pm



Volunteering

Grab a friend and come in, volunteer and have a laugh or 2. Benefits are you stay younger, you save money – can't shop where you are helping. You make new friends, you burn plenty of calories, your friends will think you are a Super Hero and so will we.....

Our busiest time is in the morning from 9am – 11.30am.

We look forward to meeting you!

Gabbinbar SS Tuckshop Menu Summer '18/'19

Terms 4 & 1

Wednesday & Friday
First Break & Second Break

Convenor: Georgie Zadow
0431 327 806

HOT FOOD

Sausage Roll	\$3.00
Spinach & Ricotta Roll	\$3.40
Gluten Free Beef Pie	\$3.90
Small Pie	\$1.00
Chicken Nuggets 4 pack	r/gf \$2.50
Crumbed Sausage	\$2.20
Garlic Bread	\$1.80
Toasted Tortilla	\$2.20
– chicken & cheese or ham & cheese	
Ham & Pineapple Pizza	\$2.50
Cheese & Bacon Pizza	\$2.50

DRINKS

Bottled Water	\$1.50
Milk - Choc, Vanilla or Strawberry	\$2.00
Milk 'Shake'	\$2.00
- caramel, banana, blue heaven	\$2.00
Slush Puppy	\$2.50
Glee	\$2.00
Focus Water 350ml	\$2.00
Focus Water 500ml	\$3.00
Juice	\$2.00
- apple, apple blackcurrent, tropical, apple raspberry	

ICE BLOCKS

Zinger – sour, creamy, ka-bluey	\$0.50
Sorbet	gf \$2.50
Home Ice Cream	\$1.20
Twisted Frozen Yoghurt	gf \$2.50
Vanilla Ice Cream Cup	\$2.00

r: regular gf: gluten free

SUMMER MENU – '18/'19

SANDWICHES

White, Multigrain or Gluten Free Bread	
Fresh or Toasted	Gluten free - \$1 extra
Lettuce, tomato, cheese, beetroot, carrot, capsicum, cucumber, vegemite, chicken, ham, curried egg	
1 filling	\$3.00
2 filling	\$3.50
3 fillings	\$4.00
Salad	\$4.50

TUBS

Salad	gf \$4.00
Salad w. cheese/ ham or chicken	\$4.50
Quiche & Salad	gf \$5.00
Sushi Poke Bowl -Chicken or tuna	gf \$4.50
w. rice, carrot, cucumber & nori pieces	
Mexican Tender Salad	\$5.00
w. tender, salsa, cheese & salad	

WRAPS

Large \$5.00	Small \$3.50
Chilli Chicken Tender Wrap	
- tender, salad & sweet chilli sauce	
Chicken Caesar Wrap	
- chicken, lettuce, egg, bacon & caesar dressing	
Tandoori Chicken Wrap	
- chicken, salad, cheese & tandoori sauce	
Greek Wrap	
- chicken, salad, cheese & tzatziki	

DAILY SPECIALS

- available on these days - ONLY

Hot Digadee-Dog Wednesday's - ONLY

Hot Dog w. Sauce	\$3.00
½ Hot Dog w. Sauce	\$1.70
Hot Dog w. Sauce & Cheese	\$3.50
½ Hot Dog w. Sauce & Cheese	\$1.90

Beaut' Burgers Friday's - ONLY

Beef Burger	\$4.50
Chicken Burger	\$4.50
Fish Burger	\$4.50
- all with lettuce, tomato, cheese & mayo	

TREATS

6 x Jatz/ Rice Biscuits & Cheese	\$1.00
Home-baked Muffin	\$1.00
Gingerbread Person	\$2.00
Chocolate Cake	gf \$3.00
Jelly Cup	\$1.00
Jelly & Custard Cup	\$1.50
Fresh Fruit Cup	gf \$2.00
Vanilla Yoghurt Cup	\$1.50
Monster Munch Bag	\$1.00
Mousse Cup	gf \$1.00
Snacks	\$1.20
grain waves, salt & vinegar, sea salt, honey soy, jumpies	
Deli Pack	\$3.00
– hommus w. jatz, tomatoes, cheese & vegie sticks	

Paper Bag	\$0.10
Tomato or Bbq Sauce	\$0.40