

HOW TO ORDER

www.flexischools.com.au
Register & follow prompts
Place orders up to 4 weeks in
advance

Daily Order cut off time 8.30am

Our Tuckshop ordering method is
Flexischools for convenience.

Please note there **are NO OVER THE
COUNTER LUNCH SALES.**

Late Orders

Missed the 8.30am ordering cut
off?

Call the Tuck shop to arrange a late lunch
order: \$5.50. Sandwich (cheese, ham, Jam,
or vegemite), popcorn & a piece of seasonal
fruit. OR sausage roll and vanilla cake.



Our Tuckshop provides
healthy choices under the
Queensland Smart Choices
Food Guidelines, which
means most of our
products are school
approved, healthy, and
delicious.

SUPPORT OUR TUCKSHOP

Tuckshop is always grateful for Volunteers
Monday-Friday from 9am. Lunch will be
provided for you or your child.

We adore Volunteers and your children
love to see you at school. You can help us
by sticking order labels on bags, serve at
the counter or preparing food for daily
orders.

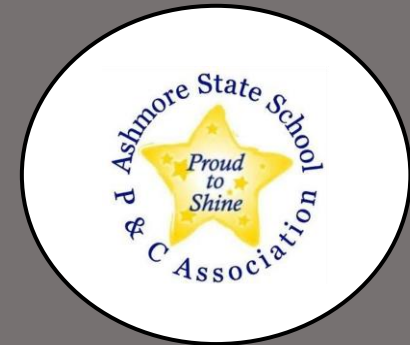
Once a week, fortnight or once a month
any help is appreciated.

Please call us on 5656 1365 to register
your interest.

We 
Volunteers

Snacks are available to purchase over the
counter at both breaks.

(N.B. Notes over \$10.00 will not be excepted)



Convenor: Danyelle Cameron

Open: Monday – Friday

Phone: 5656 1365

Email: tuckshop@ashmoress.eq.edu.au

BELL TIMES

Lunch 11.00 am.
Afternoon Tea 1.40 pm



SANDWICHES

Vegemite or Jam	\$2.00
Cheese	\$2.50
Egg, Lettuce & Mayo	\$3.00
Ham & Cheese.....	\$3.50
Salad	\$4.50
<i>with Ham or Tuna</i>	<i>add \$1.00</i>
<i>with Chicken</i>	<i>add \$2.00</i>
Tuna & Mayo	\$4.00
Bread Roll or Toasted	<i>add 50c</i>
G/F Bread	<i>add \$1.00</i>

SALAD TUBS

Garden Salad	\$7.00
<i>(lettuce, carrots, tomato, cucumber and egg)</i>	
<i>with Ham or Tuna.....</i>	<i>add \$1.00</i>
<i>with Chicken</i>	<i>add \$2.00</i>
Small salad	\$4.70
Small Caesar Salad.....	\$5.70

DRINKS

Flavored Milk	\$2.60
Plain milk.....	\$1.80
Juice Popper	\$2.00
Glee Sparkling Juice.....	\$3.00.
Water	\$2.00
Smoothies.....	\$2.10

WRAPS

Ham & Cheese.....	\$4.50
Chicken & cheese.....	\$5.00
Toasted.....	<i>add .50c</i>
Salad.....	\$6.00
<i>With Ham or Tuna</i>	<i>add \$1.00</i>
<i>With Chicken</i>	<i>add \$2.00</i>
Caesar Salad.	\$7.00
<i>(lettuce, bacon, egg, parmesan, dressing)</i>	
<i>With Chicken</i>	<i>add \$2.00</i>

WEEKLY SPECIAL

MONDAY--Chicken Curry.....	\$5.00
TUESDAY--Chicken Burger.....	\$5.00
Small Beef Cheeseburger	\$4.00
WEDNESDAY – Nacho.....	\$4.00
FRIDAY - Sushi.....	\$4.00
Large Pies.....	\$5.00
<i>Meal Deals starting at.....</i>	<i>\$6.20</i>

FROZEN TREAT

TNT Sour.....	\$1.00
Chocolate/Banana Paddle Pop.....	\$2.50
Mini Calippo	\$2.00
Lemonade Ice Pole.....	\$1.50
Icy Twist.....	\$1.80
Vanilla Ice cream cup.....	\$2.00
Frozen Yogurt (<i>mango or raspberry</i>).....	\$3.00
Mini ice cream cups (<i>chocolate or strawberry</i>).50c	
Icy Fruits.....	.50c

HOT FOOD

Crispy Chicken Wrap (lettuce & Ranch)	\$5.00
Butter Chicken.....	\$5.50
Lasagna (Beef, Vegetarian)	\$5.00
Lasagna G/F	\$6.50
Hot Dog with sauce	\$3.50
Ham & Cheese Pizza	\$3.50
Noodles (Beef or Chicken)	\$3.50
Sausage Roll	\$3.20
Gluten Free Snack Sausage roll.....	\$3.20
Snack Pie	\$3.50
Garlic Bread	\$2.50
Fried Rice.....	\$4.50
Meatball Sub (cheese & sauce).....	\$4.00
Chicken Nuggets (6)	\$3.00

SNACKS

Boiled Egg	\$1.00
Lemon Myrtle cookie.....	\$1.20
Choc chip cookie.....	\$1.20
Popcorn.....	70c
Custard Cup.....	\$2.00
Choc Chip/ Blueberry Muffin.....	\$2.00
Fruit (apple or orange)	\$1.00
Frozen Pineapple Ring.....	60c
Watermelon Tub	\$3.50
Crackers with Vegemite	\$1.00
<i>with Cheese.....</i>	<i>add. 20c</i>
Vanilla Cake.....	\$2.00