

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 cut off?

Use the missed cut off menu option available on Flexischools

EMERGENCY LUNCH CAN NOW BE ORDERED THROUGH FLEXISCHOOLS FOR STUDENTS WHO FORGET THEIR LUNCH.

AVAILABLE UNTIL 12:30PM



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.



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/WRAPS

	S	W
Vegemite or Jam	\$2.00.	N/A
Cheese	\$2.50	N/A
Egg, Lettuce & Mayo	\$3.20.	
Ham & Cheese.....	\$3.50	\$4.50
Chicken	\$4.70	\$5.20
Salad	\$4.50	\$6.00
Chicken Pesto Toastie.....	\$6.00.	N/A
Caesar Salad.....	N/A	\$7.00
<i>(Lettuce, bacon, egg, parmesan, dressing)</i>		
Tuna & Mayo	\$4.00	
Bread Roll	add 70c.	
G/F Bread	add \$1.00.	
Toasted	50c.	
ADD Ham or Tuna	add \$1.00.	
ADD Chicken	add \$2.20.	

(S= SANDWICH, W= WRAP)

SALAD TUBS

Garden Salad G/F.....	\$7.00
<i>(lettuce, carrots, tomato, cucumber, and egg)</i>	
Small salad	\$5.00
Small Caesar Salad.....	\$6.00
Large Caesar Salad.....	\$8.00
with Ham	add \$1.00
with Chicken	add \$2.20

DRINKS

Flavoured Milk	\$2.70
Plain milk.....	\$1.80
Juice Popper	\$2.00
Water	\$2.00
Smoothies (afternoon tea).....	\$2.60
Lightly Sparkling Water 500ml.....	\$2.00

SPECIAL'S

MON- Chicken Nugget Snack Box (5) sml salad...	\$5.00
TUESDAY– Chicken Burger.....	\$5.40
Beef Cheeseburger	\$5.00
THURSDAY – 7" Pizza 4 flavours.....	Starting at \$3.00
<i>(full and half pizzas available)</i>	
FRIDAY – Sushi roll starting at.....	\$4.00
Meal Deal's starting at	\$5.70

FROZEN TREAT

TNT Sour.....	\$1.00
Quech Sticks	70c
Chocolate Paddle Pop.....	\$2.50
Mini Calippo	\$2.00
Icy Twist.....	\$2.00
Vanilla Ice cream cup. G/F.....	\$2.00
Frozen Yogurt (<i>mango or wild berry</i>).....	\$3.00
Icy Fruits.....	50c

SNACKS

Boiled Egg	\$1.20
Chocolate & Anzac Cookie	\$1.40
Popcorn.....	70c
Custard Cup.....	\$2.00
Blueberry, Banana or Apple Muffin.....	\$2.00
Fruit (apple or orange)	\$1.20
Frozen Pineapple Ring.....	60c
Watermelon Tub	\$4.00
Crackers with Vegemite	\$1.00
Fruit Salad Tub.	\$4.20
Vegemite & cheese scroll.....	\$3.40
Cheese & Bacon Scroll	\$2.40
Mild Salami, cheese & cracker combo	\$4.60
Snack Box – crackers,cheese,carrot,cucumber...\$2.60	
Diced 2 fruit cup.....	\$2.30

HOT FOOD

AVAILABLE EVERYDAY

Sausage Roll	\$3.20
Gluten Free Snack Sausage roll.....	\$3.20
Sausage Roll Everyday Meal	\$5.20
Garlic Bread	\$2.50
Lasagna (starting at).....	\$5.00
Spinach & Ricotta Triangles	\$2.50
Ham & Cheese Snack Pocket	\$2.20
GF Satay Chicken (nut free).....	\$6.50

MON & WED

Chicken Gravy Roll	\$6.80
Falafel Wrap	\$4.20

MON,TUE & WED

Veggie Pasta.....	\$4.00
Hot Dog with sauce	\$3.80
Butter Chicken.....	\$5.60

MON,WED,& FRI

Crispy Chicken Snack Wrap	\$5.50
Crispy Chicken Double Wrap	\$7.50

WED,THUR & FRI

Meatball Sub cheese & sauce.	\$4.50
Fried Rice G/F.....	\$4.80

THUR & FRI

Mini Snack Pie 60g twin pack	\$5.60
------------------------------------	--------