

## HOW TO ORDER

[www.flexischools.com.au](http://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](mailto: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 .....	\$3.00	
Ham & Cheese.....	\$3.50	\$4.50
Chicken .....	\$4.70	\$5.20
Salad .....	\$4.50	\$6.00
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 or Tuna.....	add \$1.00
with Chicken .....	add \$2.20

## SPECIAL'S

MON,TUE,WED—PORK ROLL.....	\$6.50
Mon, Tues,Wed—Veggie Pasta.....	\$4.00
TUESDAY—Chicken Burger.....	\$5.20
Beef Cheeseburger .....	\$4.70
Thursday – 7" Pizza 4 flavours. Starting at...	\$3.00
<i>(full and half pizzas available)</i>	
FRIDAY – Sushi starting at.....	\$4.00
Meal Deal's starting at .....	\$5.70

## DRINKS

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

## FROZEN TREAT

TNT Sour.....	\$1.00
Quelch 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

## HOT FOOD

Crispy Chicken Snack Wrap .....	\$5.00
Crispy Chicken Double Wrap .....	\$7.50
Butter Chicken.....	\$5.50
Lasagna (Beef, Vegetarian) .....	\$5.00
Lasagna G/F .....	\$6.50
Hot Dog with sauce .....	\$3.70
Sausage Roll .....	\$3.20
Gluten Free Snack Sausage roll.....	\$3.20
Snack Pie .....	\$3.50
Garlic Bread .....	\$2.50
Fried Rice G/F.....	\$4.70
Meatball Sub cheese & sauce. ....	\$4.20
Chicken Nugget Snack Box <sup>(5)</sup> small side salad.....	\$4.50
<b>Spinach &amp; Ricotta Triangles .....</b>	<b>\$2.50</b>
<b>Ham &amp; Cheese Snack Pocket.....</b>	<b>\$2.20</b>

## SNACKS

Boiled Egg .....	\$1.00
Chocolate Cookie .....	\$1.20
Anzac Cookie .....	\$1.20
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
Yoghurt Cup .....	\$3.00
Fruit Salad Tub.....	\$4.20