

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 as a thank
you.

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/WRAPS

	S	W
Vegemite or Jam	\$. \$2.70.	N/A
Cheese\$3.00	N/A
Egg, Lettuce & Mayo	\$3.50.	\$4.50
Ham	\$. \$4.00	
Ham & Cheese.....	\$4.50	\$5.50
Chicken	\$4.70	\$5.70
Salad	\$4.50	\$6.00
Add Ham	\$2.00.	---
Add Chicken	\$2.30.	---
Chicken Pesto Toastie.....	\$6.00.	N/A
Bread Roll		add 70c.
G/F Bread		add \$1.00.
Toasted50c.	

(S= SANDWICH, W= WRAP)

SALAD TUBS

Lge Garden Salad G/F.....	\$6.50
<i>(lettuce, carrots, tomato, cucumber)</i>	
Small salad	\$5.00
Small Caesar Salad.....	\$6.00
Large Caesar Salad.....	\$8.00
<i>with Ham</i>	<i>add \$2.00</i>
<i>with Chicken</i>	<i>add \$2.30</i>
Add egg	\$1.00

DRINKS

Flavoured Milk 300ml	\$3.10
Lactose Free pop top milk	\$2.90
Juice Popper	\$2.60
Water	\$2.20
Lightly Sparkling Water 500ml.....	\$2.20
Bundy Juice pop top	\$2.60

SPECIAL'S

MON- Chicken Nugget Snack Box (5) sml salad.....	\$5.80
TUESDAY- Chicken Burger.....	\$5.90
Beef Cheeseburger	\$5.90
Burger meal deal	\$8.90
Wed – Loaded Fries.....	\$6.00
THURSDAY – 6”Pizza 4 flavours.....	Starting at \$5.00
FRIDAY – Sushi roll starting at.....	\$4.10
Meal Deal's starting at	\$7.00

FROZEN TREAT

TNT Sour.....	\$1.00
Quelch Sticks	\$1.00
Chocolate Paddle Pop.....	\$3.00
Mini Calippo	\$2.00
Icy Twist.....	\$2.20
Vanilla Ice cream cup. G/F.....	\$2.00
Frozen Yoghurt (<i>mango, straw or wild berry</i>).....	\$3.00
Icy Fruits.50c
Cyclone.....	\$3.80
Chocolate Freeze pops (dairy free)	\$1.20
Frozen Pineapple Ring.....	.60c

SNACKS

Boiled Egg	\$1.20
Chocolate or Anzac Cookie	\$1.60
Popcorn.....	\$1.00
Custard Cup.....	\$2.50
Blueberry or Banana	\$2.50
Fruit (apple or orange)	\$1.20
Watermelon Tub / Fruit Salad Tub	\$4.50
Vegemite & cheese scroll.....	\$3.50
Cheese & Bacon Scroll	\$2.50
Mild Salami, cheese & cracker combo	\$4.70
Snack Box – crackers,cheese,carrot,cucumber....	\$3.20
Diced 2 fruit cup.....	\$2.50
Vanilla Cake	\$2.50
Salami Sticks	\$2.20

HOT FOOD

AVAILABLE EVERYDAY

Sausage Roll	\$3.90
Gluten Free Snack Sausage roll.....	\$3.60
Sausage Roll Everyday Meal	\$5.70
Garlic Bread	\$2.50
Garlic Bred with Cheese	\$3.00
Lasagne (starting at).....	\$5.20
Spinach & Ricotta Triangles	\$3.00
Cheese snack pocket	\$2.50
Snack Pocket (H&C, P&C, and V&C).....	\$3.00
GF Satay Chicken (nut free).....	\$6.50

New everyday meal deal

snack pocket everyday meal deal	starting at \$6.40
<i>(Snack pocket, snack box or vanilla cake and a tnt or popcorn)</i>	

MON & TUE

Hot Dog with sauce	\$4.20
Butter Chicken.....	\$5.70

MON,WED,& FRI

Crispy Chicken Snack Wrap	\$5.50
Crispy Chicken Double Wrap	\$8.50

WED & FRI

Meatball Sub cheese & sauce.	\$5.00
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WED, THUR & FRI

Fried Rice G/F.....	\$5.20
MAC & CHEESE	\$5.00

THUR & FRI

Mini Snack Pie 60g twin pack	\$5.50
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