

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?

Use the 'Late Lunch' menu option.

OR

Call the Tuckshop to arrange a late lunch
order: **\$5.50**. Sandwich (cheese, ham, Jam, or
vegemite), popcorn & a piece of seasonal fruit.
OR noodles and muffin.



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: Dannyelle 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.	
Cheese	\$2.50	
Egg, Lettuce & Mayo	\$3.00	
Ham & Cheese.....	\$3.50	\$4.50
Chicken	\$4.50	\$5.00
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 60c.	
G/F Bread	add \$1.00.	
Toasted	50c.	
ADD Ham or Tuna	add \$1.00.	
ADD Chicken	add \$2.00.	

SALAD TUBS

Garden Salad	\$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 \$2.00

WEEKLY SPECIAL

MONDAY—Savory Mince Pockets.....	\$3.00
TUESDAY—Chicken Burger.....	\$5.00
Beef Cheeseburger	\$4.50
WEDNESDAY – Nachos.....	\$4.00
Thursday – 7” Pizza 4 flavours. Starting at... <i>(full and half pizzas available)</i>	\$3.00
FRIDAY - Sushi.....	\$4.00
<i>Meal Deals starting at.....</i>	<i>\$5.70</i>

DRINKS

Flavoured Milk	\$2.60
Plain milk.....	\$1.80
Juice Popper	\$2.00
Water	\$2.00
Smoothies.....	\$2.60

FROZEN TREAT

TNT Sour.....	\$1.00
Chocolate/Banana Paddle Pop.....	\$2.50
Mini Calippo	\$2.00
Lemonade Ice Pole.....	\$1.50
Icy Twist.....	\$2.00
Vanilla Ice cream cup.....	\$2.00
Frozen Yogurt <i>(mango or wild berry)</i>	\$3.00
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
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 Nugget Snack Box ⁽⁵⁾ carrot & cherry tomatoes.	\$4.50
Spinach & Ricotta Triangles	\$2.50

SNACKS

Boiled Egg	\$1.00
Chocolate Cookie	\$1.20
Anzac Cookie	\$1.20
Popcorn.....	70c
Custard Cup.....	\$2.00
Apple Cinnamon Muffin	\$2.00
Blueberry or Banana Muffin.....	\$2.00
Fruit (apple or orange)	\$1.00
Frozen Pineapple Ring.....	60c
Watermelon Tub	\$3.70
Crackers with Vegemite	\$1.00
with Cheese.....	add. 20c
Yoghurt Cup	\$3.00