

Dear Parents

1. Please provide **two** paper bags, one for First Break and one for Second Break
2. **All Lunch orders must be pre-ordered.**
3. **Please write your child's name, class, order and amount enclosed OR Online Payment #**

**Online Payments to be made to
Tuckshop Account
BSB 633000
A/C 136113321
Ref: Family Name**

4. Please keep both bags together.
5. Please **DO NOT** staple or sticky tape bags shut.
6. Orders must be placed in the Tuckshop tray in the classroom **before school starts.**

The tuckshop cannot be held responsible for lost money.

What you can do as a Parent to support our Tuckshop

The tuckshop is a service provided for the children with the profits going towards much needed resources for the students of Agnes Water State School.

Without volunteers, the tuckshop cannot continue to provide this service to our kids. If you would like to help in the tuckshop, be it one day a month or a couple of hours when you can, call in and see our convenor, Debbie Ahern for a chat.

Tuckshop days are Wednesday and Thursday

THE TUCKSHOP IS PROUD TO ANNOUNCE THAT WE ARE SMART CHOICES FOOD GUIDELINES COMPLIANT.

Queensland State School Tuckshops have in place a healthy, balanced eating plan.
Green: Food & drinks we encourage children to select most.

Amber: We encourage children to select small serves of these items.

AGNES WATER STATE SCHOOL



2021 Tuckshop Menu Term 1

SALAD TUBS: \$5.00 GF V Vg

- Fresh Garden Salad
(Lettuce, Cherry Tomatoes, Cucumber, Carrot, Beetroot, Cheese & Boiled Egg)
- Summery Lemony Rice Salad
(Cooked Rice, Capsicum, Cucumber, Carrot, Corn with Seasoning)

- Add Tuna / Chicken / Ham – Extra \$1.00

SANDWICHES :

Served on Wholemeal Bread - No Butter or Margarine

- Egg and Lettuce \$3.00 V
- Salad (with Mayo)..... \$4.00 V Vg
- Chicken/ Ham/ Tuna & Salad..... \$5.00

*ON WRAPS / ROLLSAdd \$.50c

TOASTIES:

- Cheese \$3.00 V
- Cheese & Tomato \$3.50 V
- Chicken & Cheese..... \$4.00
- Ham & Cheese \$4.00
- Ham Cheese & Tomato..... \$4.50

BURGERS:

- Homemade Beef Pattie /Lett & Tom ... \$6.00
- With Full Salad \$7.00
- Chicken Pattie/ Lettuce & Mayo \$5.00
- With Full Salad..... \$6.00

HOT ROLLS: \$4.50

(Fresh Chicken Served on Hot Dog Rolls)

Chicken & Gravy Roll

English Muffin Pizzas \$4.50

(Hawaiian / Margarita / BBQ Chicken)

Half Serve - \$2.50

From the Pie Warmer:

Cruiser Lite Beef Pie (175g)..... \$4.50

Patties Lite Snack Pie(50g) \$1.50

Hot Dishes: (All Made Fresh in Tuckshop)

Spaghetti Bolognaise \$5.00

Fried Rice \$4.50 GF V Vg

(For Vegan Option specify No Egg!)

*****THURSDAY - ORDERS ONLY - SPECIFY GF V Vg**

***Mexican Burrito Bowl \$6.00 GF

(Mexican Beef / Brown Rice / Black Beans / Veges / Sour Cream)

**This versatile recipe can be made Gluten Free, Vegetarian or Vegan if needed via some simple swaps!

***Fruit Smoothies \$3.50

(Mango / Banana / Berrilicious) - Made on Milk

PLEASE HAVE ORDERS IN BY 8.40AM

ONE BAG FOR EACH BREAK
(WITH STUDENT NAMES & CLASS)

SNACKS: (Ideal for Preppies) - Freshly Made

Snack Box: \$3.50 GF V

(Rice Crackers /Cheese /Vege Sticks & Egg)

Toasted Vege Cheese Loaf \$2.50 GF V

Veggie Rice Stix \$2.50 GF V

Fruit Muffins \$2.00 V

Homebake Slice \$2.00 V

Pikelets \$1.50 V

Popcorn..... \$.50 GF V Vg

COLD / FROZEN SNACKS:

Carrot Cake Bliss Balls \$2.00 V Vg

Fresh Fruit Salad Cup \$2.50 GF V Vg

Bulla Frozen Yoghurt..... \$2.50 GF V

DRINKS:

Water (600ml) \$1.50 GF V/Vg

Plain Milk (200ml cup) \$2.00 GF V

Slush Puppies..... \$2.50 GF V

Icypoles \$1.50 GF V

99% Fruit Ice Sticks \$.50 GF V

GF - Gluten Free

V - Vegetarian

Vg - Vegan