

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.**

**\*\*Tuckshop also provides a selection of Gluten Free / Vegetarian / Vegan choices.**

# **AGNES WATER STATE SCHOOL**



## **2021 Tuckshop Menu Term 4**

**SALAD TUBS: GREEN \$5.00 V Vg**

- Caesar Salad  
*(Cos Lettuce, Bacon, Parmesan, Croutons, Boiled Egg, Caesar Dressing)*
- Fresh Garden Salad  
*(Lettuce, Tomatoes, Capsicum, Cucumber, Carrot, Beetroot, Cheese)*
- Summery Rice Salad  
*(Rice, Capsicum, Cucumber, Carrot, Corn with Lemon Juice Dressing)*

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

**SANDWICHES / ROLLS / WRAPS : GREEN**

*Served on Wholemeal Bread OR Long Roll OR Wrap*

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

- Caesar Salad Wrap ..... **\$4.50 V**
- **Add Chicken Goujons – Extra \$1.00**

**TOASTIES / JAFFLES - GREEN**

- Cheese ..... **\$3.00 V**
- Cheese & Tomato ..... **\$4.00 V**
- Ham / Chicken & Cheese..... **\$4.00**
- Ham Cheese & Tomato..... **\$4.50**
- Baked Bean OR Spaghetti..... **\$4.50 V**

**HOT ROLLS: AMBER \$4.50**

*(Fresh Chicken in Gravy Served on Hot Dog Rolls)*

- Chicken & Gravy Roll

**MUFFIN PIZZAS AMBER \$4.50**

*(Hawaiian / BBQ Chicken / Margarita)*

- Half Serve.....**\$2.50**

**CHICKEN BURGER: GREEN \$5.00**

- Chicken Pattie/ Lettuce & Mayo
- **With Full Salad - Extra \$1.00**

**BURRITOS GREEN \$6.00**

- *Mexican Beef / Lettuce/ Salsa/ Sour Cream & Cheese*
- *Chicken Chilli Tender / Lettuce / Salsa / Cheese*
- *Black Beans / Rice / Tomato / Corn & Avo ...V Vg*

**HOT DISHES GREEN**

**(All Freshly Made in Tuckshop)**

- Spaghetti Bolognaise ..... **\$5.00**
- Pasta in Tomato & Basil Sauce..... **\$5.00 V Vg**
- Chicken Goujon Rice Bowl ..... **\$5.00**  
*(Chicken Goujons, Rice with Carrots/ Cucumber & Corn)*
- Fried Rice ..... **\$4.50 GF V Vg**  
*(For Vegan Option please specify No Egg!)*

**From the Pie Warmer: AMBER**

- Cruiser Lite Beef Pie (175g)..... **\$4.50**
- Patties Lite Snack Pie(50g) ..... **\$1.50**

**SNACKS: GREEN**

**(Ideal for Preppies) - Freshly Made in Tuckshop**

- Vege Snack Box: ..... **\$4.00 GF V**  
*(Rice Crackers /Cheese /Vege Sticks & Egg OR Cherry Tomatoes)*
- Goujon Snack Pack ..... **\$4.50**  
*(Chicken Goujons / Carrot / Cucumber/Egg OR Tomatoes)*
- Fruit Muffins ..... **\$2.00 V**
- Homebake Slice ..... **\$2.00 V**
- Pikelets ..... **\$1.50 V**
- Popcorn..... **\$ .50 GF V Vg**

**COLD / FROZEN SNACKS: GREEN / AMBER**

- Fresh Fruit Salad Cups..... **\$2.50 GF V Vg**
- Bulla Frozen Yoghurt..... **\$2.50 GF V**
- Icypoles ..... **\$1.50 GF V Vg**
- 99% Fruit Ice Sticks ..... **\$ .50 GF V Vg**

**DRINKS: GREEN**

- Water (600ml) ..... **\$1.50 GF V/Vg**
- Plain Milk (200ml cup) ..... **\$2.00 GF V**
- Slush Puppies..... **\$2.50 GF V Vg**

**\*\*\*2nd BREAK ONLY – Collect From Tuckshop\*\*\***

- Fruit Smoothies ..... **\$3.50 GF V Vg**  
*(Mango / Banana / Berrylicious) - Made on Milk*