



Tuckshop 2018



<u>Big Lunch/First Break 11am</u>	<u>Cost</u>	<u>Please Note</u>	<u>Drinks available for both Breaks</u>	<u>Cost</u>
Low Fat Pies 🔥	4.00.	<i>All salads come with cheese, tomato, lettuce and carrot</i>	Flavoured Milk: Chocolate/Strawberry L/F	2.30.
Low Fat Sausage Rolls 🔥	3.00.		Fruit Juice: Apple/Wildberry 250ml	2.50.
Hot Dog & sauce 🔥	4.00.	<u>Monthly Specials: Meals</u>	Fruit Juice: Apple/Orange 500ml	2.70.
Chicken Fillet Burger 🔥	4.00.		Flavoured Water: Fruit Tingle 350 ml	3.50.
Chicken Cheese Burger 🔥	4.20.		Small: \$4.20.	Water
Chicken Lettuce & Mayo Burger 🔥	4.20.	Large: \$5.00.	Little Lunch / 2nd Break Not available for First Break	
Chicken Salad Burger 🔥	5.00.		Muffins: : Dark Chocolate Chip	2.00.
Fish Fillet Burger 🔥	4.10.		Lite Cheese and Biscuits (3) pack	2.00.
Fish Cheese Burger 🔥	4.30.		Ice Creams/Blocks Not available for First Break	
Fish Lettuce & Mayo Burger 🔥	4.30.		Water Ice : R'berry : Lemonade	1.25
Fish Salad Burger 🔥	5.10.		Life Savers :	2.20.
Sandwiches/Rolls/Toasted .20cents		Assistance in the Tuckshop is always welcome. Please contact Gail Brady(Tuckshop Convenor) on : PH 0749362421	Billabong : Chocolate : Rainbow	1.60.
Vegemite	1.80.		Dixie Cups	2.50.
Cheese	2.80.		Milo Cups	2.70.
Chicken Meat	4.30.		Snacks / Chips & Shapes Not available for First Break	
Chicken Meat, Cheese & Tomato	4.40.		Lite Cheese and Biscuits (3) pack	2.00.
Chicken Meat & Salad	5.00.		Chips: Chicken : Salt & Vinegar : BBQ	1.50.
Ham	4.00.	<u>Muffins Ingredients</u>	Shapes: Pizza Shapes	1.50.
Ham & Cheese	4.20.	SR Flour, Egg ,sugar,sunflower oil		
Ham & Cheese & Tomato	4.20.	milk, dark chocolate chips	Apple Slinkies (Red or Green)	1.00.
Ham & Salad	5.00.			

Tuckshop 2018

Welcome to another school year. My name is Gail Brady and I am St Joseph's School Wandal tuckshop convenor and I look forward to providing healthy school lunches and snacks for those who wish to avail themselves of this school service every Wednesday and Friday.

All orders for tuckshop are processed through our online service 'Flexischools' please register as per details below (returning parents please ensure you have updated your child's class):

<http://www.flexischools.com.au/>

Registration Instructions

Free, easy, online registration.

Step 1: Click the REGISTER button below.

Step 2: Enter your email.

Step 3: You will be emailed a link to an online form - follow the link.

Step 4: Choose a username and password and complete the form.

Step 5: Add each student and their class.

Step 6: Top-up the account - VISA, Mastercard or Direct Deposit.

Our 'Monthly Meal Special' for the remainder of January and February is Chicken and Salad bowl (with or without homemade mayo (ingredients – eggs, mustard, parmesan cheese, garlic, bacon pieces, lemon juice, tomato paste and sunflower/grapeseed oil)) which are available in two sizes Small \$4.20 and Large \$5.00. Please watch for monthly changes to this menu through our school newsletter distributed on Wednesday via the school app.

Our tuckshop is run with volunteers and I urge you to complete the eform on the skoolbag app to show your interest. Grandparents are most welcome to assist with tuckshop, but do require a volunteers Blue Card. Please see the office staff for blue card and volunteer inductions.

Parents are asked to ensure before commencing in tuckshop that they have completed a volunteers induction.

If you have any further queries please do not hesitate to call PH 0749362421.

Regards

Gail Brady