



# Aspley State School Tuckshop Menu 2018

**Tuesday to Friday  
8.30am to 1.30pm**

**Order Online at  
[www.flexischools.com.au](http://www.flexischools.com.au)**

**flexischools**

**by 8.00am**

**Email:  
[Tuckshop.AspleySS@gmail.com](mailto:Tuckshop.AspleySS@gmail.com)**

**Phone:  
3863 9117**

**Volunteers Welcome - Sign Up:  
<http://signup.com/go/XMwwPgD>**

*updated July 2018*

**THESE FOOD ITEMS ARE AVAILABLE TUESDAY TO FRIDAY**

## **TOASTIES (1<sup>st</sup> Break only)**

<b>White   Wholemeal   Gluten Free</b>	<b>\$</b>
Toasted Cheese	2.50
Toasted Ham	3.00
Toasted Ham & Cheese	3.25
Toasted Ham, Cheese & Tomato	3.75

## **SANDWICHES, SALADS & WRAPS**

<b>White   Wholemeal   Gluten Free</b>	
Vegemite	2.00
Cheese	2.00
Cheese & Vegemite	2.25
Cheese & Tomato	2.50
Ham	2.50
Ham & Cheese	2.75
Ham & Tomato	3.00
Ham, Cheese & Tomato	3.25
Chicken	3.50
Chicken & Cheese	3.75
Chicken, Cheese & Tomato	4.00
Tandoori Chicken Wrap	5.85
Tandoori Salad Box	6.85



## **CREATE YOUR OWN (CYO)**

CYO Sandwich (1 protein + 3 salads + dressing)	4.75
CYO Salad Box (1 protein, any salads + dressing)	5.50

*Protein: Ham, Chicken, Tuna, or Cheese  
Salad: Lettuce, Tomato, Cucumber, Carrot,  
Capsicum, Red Onion, or Corn  
Dressing: Mayo, French, or Aioli*



## **SNACKS & FRUIT**

	<b>\$</b>
Whole seasonal fruit	1.00
Watermelon Pot	2.00
Fresh Fruit Salad Pot	2.50
Cheese & Crackers	2.50
Dip Pot + Vegie Sticks	2.00
Jane's YUM cake square	0.50
Bag of Popcorn (freshly popped)	0.50
Frozen Pineapple Ring	0.50
Pikelets (2) with Jam or Butter	1.50
Muffins (baked in tuckshop)	1.00
Snack Box (cheese, crackers, popcorn, apple slices, carrot sticks, choice of dip)	4.00
Sauce Sachet (Tomato or BBQ)	0.30
Mint Yogurt Dip	0.50



## **DRINKS**

Bottled Water 500ml	1.20
99% Juice Popper 200ml	1.50
Fresh Milk 300ml	1.50
Fresh Milk 300ml + Sipahh Straw	2.00

## **Late Service Order available to order until 9.30am**

<i>Forgot to order by 8.00am?</i>	
Cheese or Vegemite sandwich + whole piece of fruit	3.00

# THESE HOT FOOD ITEMS ARE AVAILABLE 2<sup>nd</sup> BREAK ONLY

## TUESDAY – FRIDAY

### EVERY WEEK

#### Toasted Panini

#### (made on Turkish Bread)

Cheese	3.50
Ham & Cheese	4.50
Chicken & Cheese	4.50

#### Extras:

Add tomato	+0.50
Add avocado	+1.00

#### Baked Items\*\*\*

Sausage Roll - Pork	3.50
Sausage Roll - Chicken	3.50
Vegetable Samosa	3.00
+ Side Salad to any of the above	1.50
+ Mint Yogurt Dip	0.50
+ Sauce Sachet	0.30

\*\*\*Our pastries are made in-house in our tuckshop, using fresh ingredients for the fillings.

#### Frosty Treats – 2<sup>nd</sup> Break only

Frozen Fruity Treat	0.50
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## DAILY SPECIALS

### (available EVERY week)

#### TUESDAY

Baked Chicken Wedges (3)	4.00
+ Crunchy Side Salad	+1.50

#### WEDNESDAY

Taco Boats	5.00
- Two (2) mini taco boats with taco beef, lettuce, tomato, cheese & sour cream	

#### THURSDAY

Chicken Fried Rice (GF) or	4.00 sml
Vegetable Fried Rice (GF)	5.00 lge

#### FRIDAY

#### PIZZA

Cheese Pizza	3.00
Ham Pizza	3.60
Hawaiian Pizza	3.75
Spicy Beef Pizza	4.50

**Pizza is made in-house on Turkish Bread.**

**Remember to check Facebook (@AspleySSPandC) or the School Newsletter for information about weekly specials or special menu days.**

*DID YOU KNOW that the Tuckshop can also provide your children with an in-house baked birthday cake delivered to the classroom? Orders must be placed and confirmed 7 days prior to the date required. Cost is \$15 for a half slab (serves 24), full slab (\$25), or a double-decker (serves 24, \$25), and includes a lovely cake-topper for the student to keep.*

*We are aware that some students have food allergies and intolerances, so we strongly recommend you contact our Tuckshop convenor directly regarding any questions you may have about our menu.*

*The Tuckshop requires one to two volunteers Tuesday to Thursday, and three volunteers on Fridays, to help ensure we can provide an excellent service. If you can assist, with a regular shift, or an ad hoc one, please contact us. No special skills are necessary, and any help is greatly appreciated. Our busiest times are 8.15am to 10.30am, and 11.30am to 1pm.*

*We also run Aspley Bakers' Club each Monday, where you are invited to help bake and prepare easy items on-site in our Tuckshop, with ingredients and recipes provided.*

*If you have any questions, would like to volunteer, or provide feedback, please contact our Tuckshop convenor (Tuckshop.AspleySS@gmail.com) or the P&C team (PandC@aspleyss.eq.edu.au).*

#### Over-the-Counter Service

*Students (Years 1 to 6) and Staff are welcome to visit the Tuckshop at 1<sup>st</sup> and 2<sup>nd</sup> break to purchase snacks (such as fruit, popcorn, muffins, and pikelets) and drinks. Ice-blocks are available for purchase at 2<sup>nd</sup> break ONLY. Please note, there is NO counter service for Prep students.*