



Aspley State School Tuckshop Menu 2019

**Tuesday to Friday
8.30am to 1.45pm**

**Order Online at
www.flexischools.com.au**



by 8.00am

**Email:
Tuckshop.AspleySS@gmail.com**

**Phone:
3863 9117**

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

effective Jan 2019

THESE FOOD ITEMS ARE AVAILABLE TUESDAY TO FRIDAY

TOASTIES (1st Break only)

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

SANDWICHES, SALADS & WRAPS

White Wholemeal Gluten Free	
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
Chicken Caesar — <i>lettuce, chicken breast, bacon bits, parmesan cheese, caesar dressing</i>	
- Wrap	5.50
- Salad Box	5.00



CREATE YOUR OWN (CYO)

CYO Sandwich (1 protein + 3 salads + dressing)	4.75
CYO Salad Box (1 protein, any salads + dressing)	5.00
<i>Protein: Ham, Chicken, Tuna, or Cheese</i>	
<i>Salad: Lettuce, Tomato, Cucumber, Carrot, Capsicum, Red Onion, or Corn</i>	
<i>Dressing: Mayo, French, or Aioli</i>	



SNACKS & FRUIT

	\$
Watermelon Pot	2.00
Fresh Fruit Salad Pot	2.50
Cheese & Crackers	2.50
Dip Pot + Vegie Sticks	2.00
Pikelets (2) with Jam or Butter	1.50
Muffins (baked in tuckshop)	1.00
Boiled Egg	1.00
Bag of Popcorn (freshly popped)	1.00
Jane's YUM cake square	0.50
Frozen Fruit Pieces (over the counter)	0.50
Snack Box (cheese, crackers, popcorn, apple slices/grapes, 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**

Forgot to order by 8.00am?

Cheese or Vegemite sandwich + whole piece of fruit	3.00
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THESE HOT FOOD ITEMS ARE AVAILABLE 2nd BREAK ONLY

TUESDAY – FRIDAY

EVERY WEEK

Toasted Turkish Bread Panini

Cheese	3.50
Ham & Cheese	4.50
Chicken & Cheese	4.50

Extras:

Add tomato	+0.50
Add avocado	+1.00

Hot Food 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 sausage rolls and samosas are made in-house in our tuckshop, using fresh ingredients for the fillings, and are oven baked.

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

Over-the-Counter Service

Students (Years 2 to 6) and Staff are welcome to visit the Tuckshop at 1st and 2nd break to purchase snacks and drinks.

Ice-blocks are available for purchase at 2nd break ONLY.

Please note, Prep and Year 1 orders are taken to the classroom when the bell rings.

DAILY SPECIALS

(available EVERY week)

TUESDAY

Crumbed Chicken or Fish tender in a soft bread roll (<i>lettuce, mayo or tomato sauce</i>)	5.00
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WEDNESDAY

Pasta Bolognese (Meat-free option available) (GFO available)	5.00
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THURSDAY

Burritos – chicken, beef or Veggie (<i>rice, lettuce, corn, cheese, capsicum, mild salsa & sour cream in a flour tortilla</i>)	5.00
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FRIDAY

PIZZA

Cheese Pizza	3.50
Ham Pizza	4.00
Vege Supreme Pizza	4.00
Hawaiian Pizza	4.25
Spicy Beef & Onion Pizza	5.00

Pizza is made in-house on Turkish Bread.

The Aspley State School P&C Association manages our school Tuckshop with the aim to provide a food service that ensures our students and staff have access to healthy, high-quality, safe, and suitable food options to give them energy to learn throughout the day.

The Tuckshop can also provide your children with an in-house baked birthday cake delivered to the classroom.

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.

Our 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, please contact us. No special skills are necessary, and any help is greatly appreciated. Our busiest times are 8.45am to 10.45am, and 12pm to 1.30pm.

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

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).

Thanks for supporting our great Tuckshop!