

HOW TO ORDER TUCKSHOP



BIRTHDAY BUCKETS

A Quelch Fruit Icy Pole for each child in the class (and one for the teacher) delivered to the class, with a balloon for the Birthday child to keep. Please allow 2 days notice. **\$15.00**



OTHER WAYS TO SUPPORT TUCKSHOP



Tuckshop is always grateful for volunteers Monday - Friday from 9.00am to help prepare the daily orders, or alternatively once per month for two hours to help with bulk preparation of our delicious made onsite items.

If you are unable to assist at these times, you can still help the Tuckshop by donating any of the following items:

Macaroni pasta	Plain rice crackers (gluten free)
Spiral pasta	Paper cupcake or muffin cases
Plain flour	Cocoa powder
Self-raising flour	Tinned pineapple
Sugar	Tinned beetroot
Jasmine / Sushi rice	
Tomato paste	

Thanks for your ongoing support!



TUCKSHOP MENU TERM 2

Manager: Leanne Hayward

Phone: 5458 2125

OPEN: Monday – Friday
8.30am – 2.30pm

EMAIL: bliblisstuckshop@gmail.com



TUCKSHOP
MENU OF THE YEAR 2018

MEAL TIMES

First Break (Main Break): **11.10am**
Second Break (Snack Break): **1.50pm**



BLI BLI
STATE SCHOOL

An Independent Public School

SANDWICHES

(White or Wholemeal)

Vegemite	\$2.20
Ham	\$2.70
Egg, Lettuce & Mayonnaise	\$3.20
Chicken, Lettuce & Mayonnaise.....	\$3.70
Salad - Lettuce, Tomato, Beetroot, Carrot and Cheese	\$4.20
Cheese Toasted.....	\$3.20
Ham & Cheese Toasted	\$3.70
Ham, Cheese & Tomato Toasted	\$4.00
EXTRA FILLING - TUNA, HAM, CHICKEN, CHEESE	70c
GF BREAD AVAILABLE.....	ADD \$1.20

GOURMET WRAPS

Chicken Chilli Wrap.....	\$5.70
CHARGRILL CHICKEN BREAST, LETTUCE, TOMATO, CHEESE, SOUR CREAM & SWEET CHILLI SAUCE	
Crunchy Chicken Salad Wrap	\$5.70
CRUNCHY CHICKEN BREAST, LETTUCE, CHEESE, TOMATO, BEETROOT, CARROT & MAYONNAISE	

SALADS

Salad Box.....	\$4.00
LETTUCE, CARROT, BEETROOT, CUCUMBER, CHERRY TOMATOES & CHEESE	
ADD CHICKEN OR EGG OR HAM OR TUNA	\$5.00
Tracey Fraser Special.....	\$6.00
CHARGRILLED CHICKEN BREAST, LETTUCE, CHEESE, CHERRY TOMATOES, TUB OF SOUR CREAM & SWEET CHILLI SAUCE)	

HOT FOOD

Ham, Pineapple & Cheese Pizza*	½ \$2.50
Ham, Pineapple & Cheese Pizza* ..	½ x 2 \$4.00
ON ENGLISH MUFFIN	
Ham & Cheese Pizza*	½ \$2.50
Ham & Cheese Pizza*	½ x 2 \$4.00
ON ENGLISH MUFFIN	
Cheese Burger*	\$4.70
BEEF PATTIE, CHEESE, TOMATO SAUCE	
BEEF PATTIE CONTAINS ONION, ZUCCHINI, CARROT & MUSHROOM	
Cheese Burger with Salad*	\$5.70
TOMATO, CHEESE, BEETROOT, LETTUCE & TOMATO SAUCE	
Chicken Burger	\$4.70
LETTUCE & MAYONNAISE	
Chicken Burger with Salad	\$5.70
TOMATO, CHEESE, BEETROOT, LETTUCE & MAYONNAISE	
Chicken and Gravy Roll with Coleslaw	\$5.50
Trinders Tacos*	\$3.80
SOFT TACO, BEEF MINCE, LETTUCE, TOMATO, CHEESE, SOUR CREAM AND SALSA	
Macaroni Cheese*	\$3.50
Pasta Bolognese*	\$3.50
Chicken Pack	\$4.00
(3) GF nuggets with cherry tomato, cucumber and carrot sticks	
Tomato / BBQ Sauce.....	40c

DRINK LIST

Fresh Milk 300ml	\$1.80
Chocolate or Strawberry Milk 300ml.....	\$2.50
Bottled Water 600ml.....	\$1.80
Popper 100% 200ml	\$1.80
APPLE, ORANGE, TROPICAL, APPLE/BLACKCURRANT, APPLE/MANGO	

FROZEN TREATS

Ice Block Sticks - QUELCH 99% JUICE.....	70c
Frozen Yoghurt - PLAIN OR SEASONAL FRUIT	\$1.20
Lemonade Ice Block.....	\$1.20

SNACK ATTACK

Boiled Egg.....	80c
Popcorn	\$1.00
Apple Slinky.....	\$1.20
Pikelets with Strawberry Jam x 2*	\$1.00
Lucky Dip Muffin CHOC/BANANA/BLEUBERRY ..	\$1.60
Gingerbread Man.....	\$2.40
Watermelon Wedge	\$1.00
Fresh Fruit Salad.....	\$2.20
Rice Crackers & Cheese GF.....	\$1.20
Snack box	\$2.20
CONTENTS WILL VARY BUT WILL INCLUDE FRUIT, SMALL SWEET TREAT (MUFFIN OR PIKELET), SAVOURY TREAT (VEGE STICKS OR POPCORN)	

ONLINE SPECIALS

TUESDAY Sushi Bowls ALL GF	\$4.00
• Crunchy Chicken and Avocado	
• Tuna and Cucumber	

WEDNESDAY Super Smoothies	\$3.50
Berrylicious, Banana Maple and Green Hulk (MADE ON MILK - MILK ALTERNATIVES AVAILABLE)	

DAILY OPTION - ONLINE SPECIALS MENU

BBQ Chicken And Cheese Pizza	½ \$2.50
BBQ Chicken And Cheese Pizza ...	½ x 2 \$4.00
ON ENGLISH MUFFIN	
Wombat Salad.....	\$4.50
CRUNCHY NOODLE AND CABBAGE SALAD WITH DRESSING ADD CHICKEN.....	\$5.50
Yoghurt Crunch - Fruit Salad and yoghurt with Muesli topping.....	\$2.60

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

*Made Fresh in Tuckshop