

WAYS TO ORDER LUNCHES

The Tuckshop is available ONLINE visit:
www.quickcliq.com.au
 to register, add credit and place orders



Tuckshop is open before school
 to order lunches for both breaks

Hours: Monday - Friday from 8:40am

1st Break - MAIN LUNCH 11:00-11:40 WHITE TRAY
 2nd Break - AFTERNOON TEA 1:40 - 2:10 ORANGE TRAY

Tuckshop ordering at school system

Place orders in the Tuckshop Trays (in classroom) **OR** Lunches can be ordered before school at the Tuckshop from 8:40am

Please complete the following details on a paper bag for each break:

1. Name
2. Class
3. 1st or 2nd Break
4. Details of Order
5. Total Cost

PLEASE NOTE:
 10c will automatically be charged if no bag is provided.

If you would like to volunteer in the tuckshop please email the P&C.

If you are a not a parent of the child at the school, for example a grandparent, aunt, uncle, carer you need a volunteer blue card. We can assist you obtaining your FREE volunteer Blue card, please email us at pandc@annandaless.eq.edu.au



Annandale P&C

Contact Details:

The School office will have details to contact committee members directly.

Email: pandc@annandaless.eq.edu.au

Phone: 07 4729 5111



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 Annandale State School
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TUCKSHOP

2020 MENU

TUCKSHOP PHONE NUMBER: 4729 5191

Understanding your menu options

Our menu is printed in order of healthy options. The prices are colour coded according to the Healthy choices Guidelines:

● best choices ● choose carefully ● limit

Our tuckshop has a variety of vegetarian ✓ gluten free GF and dairy free DF options.

If you see this symbol * it means the food is homemade on the premises.

Our online menu will be trialling new menu items and will supply a more detailed ingredient list.



Available Everyday

Sushi

Sushi (roast chicken/carrot/shallots and soy sauce) **GF** **GF** 3.50

Sandwiches

Made fresh daily!
Salad includes:
 lettuce/spinach leaves/carrot
 tomato/beetroot/lite cheese
Wholemeal bread only

Chicken or tuna 3.50
 Chicken or tuna with salad 5.00
 Salad only 4.00
 Egg 3.00
 Cheese 2.50
 Vegemite 2.00
 Ham 3.50
 Ham and salad 5.00

Extras Available:

Gluten free bread 0.50
 Wholemeal Roll or Wrap 1.00
 Extra salad items 0.50
 Egg 1.00
 Pineapple 0.50
 Sauces (tomato/BBQ/mayonnaise/sweet chilli) 0.50

Toasted Sandwiches

Chicken 3.70
 Chicken and cheese 4.20
 Cheese 2.70
 Ham 3.70
 Ham and cheese 4.20
 Ham, cheese and pineapple 4.70
 Ham, cheese and tomato 4.70

Salad Box

lettuce/spinach leaves/carrot/tomato/beetroot/lite cheese
 Chicken or tuna salad box **GF** 5.50
 Quiche and salad **GF** **V** 5.50
 Garden salad **GF** **V** 4.50
 Ham and salad box 5.50

Daily Specials

Hot Meals

MONDAY/WEDNESDAY/FRIDAY

Spaghetti Bolognese ***** 4.50
 Chicken tender roll ***** 4.50
 Sweet chilli tender with lettuce/spinach leaves/
 grated cheese on a wholemeal roll
 (please choose a sauce from extras)
 Butter Chicken and Rice ***** **GF** 4.50
 with green beans and a pappadam
 Chicken fingers (5 pieces)
 with carrot and cheese sticks 4.00

TUESDAY/THURSDAY

Honey soy chicken & singapore noodles **NEW** 4.00
 Jacket Potato ***** **GF** 4.00
 with bacon/cheese/sour cream
 Annandale Burger 5.50
 with salad on a wholemeal roll with your choice
 of sauce from extras
 1. lite beef pattie
 2. crumbed chicken
 3. crumbed fish
 Cheesy Macaroni ***** **V** 3.50

Drinks

Spring Water 600mls 2.00
 Plain Milk 200mls 1.50
 100% Juice 250mls 2.50
 apple or apple blackcurrant
 Flavoured Milk 300mls 2.50
 chocolate/strawberry

V VEGETARIAN **GF** GLUTEN FREE
DF DAIRY FREE ***** HOMEMADE

Snack Attack

Available Daily

Savoury

Quiche slice ***** **V** 2.00
 Dip & Go **GF** **V** 2.50
 cheese/carrot sticks and crackers
 with corn relish or sweet chilli dip
 Dinosaur Egg **GF** **V** 1.00
 Hard boiled egg decorated
 with natural food colouring
 Popcorn air popped **GF** **DF** 0.50
 Garlic Bread ***** **V** 1.20
 Red Rock Deli Chips **DF** 2.00
 Honey soy chicken 2.00
 Plain **GF**

Sweet

Slinky Apple 1.50
 Berry Surprise ***** **GF** 2.00
 Custard topped with mixed berries/berry puree
 Banana Bread ***** **GF** **DF** 1.50
 From Baked by Maree
 Mini Muffin apple & berry ***** 0.50
 Frozen Yogurt **GF** 2.50
 Strawberry or mango
 Mini Choc Chip Cookie 0.50

