

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	11:00-11:40	WHITE TRAY
2nd Break	1:30 - 2:00	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 be 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@annadaless.eq.edu.au



Annandale P&C

Contact Details:

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

Email: pandc@annadaless.eq.edu.au

Phone: 07 4729 5111



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TUCKSHOP

2019 MENU

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 (V) gluten free (GF) and dairy free (DF) options.

If you see this symbol * it means the food is homemade by our lovely staff :)

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



Available Everyday

Sandwiches

Salad includes:

lettuce/spinach leaves/carrot
tomato/beetroot/lite cheese

Wholemeal bread only

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

Extras Available:

Gluten free bread	0.50
Wholemeal Roll or Wrap	1.00
Extra salad items	0.50
Egg	1.00
Pineapple	0.50
Toasting	0.20
Sauces (tomato/BBQ/mayonnaise/sweet chilli)	0.50

Salad Box

lettuce/spinach leaves/carrot/tomato/beetroot/lite cheese

Chicken, ham or tuna salad box GF	5.50
Quiche and salad GF V NEW	5.50
Garden salad GF V	4.50



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)	
Sushi (roast chicken/carrot/shallots) DF GF soy sauce available	3.50
Butter Chicken and Rice * GF with green beans and a pappadam	4.50
Chicken fingers (5 pieces)	3.50

TUESDAY/THURSDAY

Fried Rice * GF DF V NEW	4.00
Jacket Potato * GF with bacon/cheese/sour cream	4.00
Annandale Burger with salad on a wholemeal roll with your choice of sauce from extras	5.50
1. lite beef pattie 2. crumbed chicken 3. crumbed fish	
Cheesy Macaroni * V	3.50
Pizza (bacon and cheese)	3.50

Drinks

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



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

Snack Attack

Savoury

Quiche slice * V NEW	2.00
Dip & Go GF V carrot sticks and crackers with corn relish or sweet chilli dip	2.00
Dinosaur Egg GF V Hard boiled egg decorated with natural food colouring	1.00
Popcorn air popped GF DF	0.50
Red Rock Deli Chips GF DF Honey soy chicken or plain	2.00
Garlic Bread * V	1.20
Snack Bag (2 options)	2.00
1. 4 pieces of kabana/cheese/Jatz	
2. 4 pieces of kabana/cheese/rice crackers GF	

Sweet

Slinky Apple	1.50
Banana Bread *	0.50
Banana Bread * GF From the Organic Pantry - may contain traces of nuts	1.00
Mini Muffin apple blueberry *	0.50
Jelly Surprise * GF DF Gelatine/juice and diced fruit	1.50
Berry Surprise * GF Custard topped with mixed berries/berry puree	2.00
Frozen Yogurt GF Strawberry or mango	2.50
Mini Choc Chip Cookie	0.50

Available Daily

