

## Sandwiches/Toasties ☆

● Vegemite or Jam (V).....	\$2.00
● Cheese (V).....	\$2.50
● Ham & Cheese .....	\$3.50
● Roast Chicken, Cheese & Mayo .....	\$4.00
● Ham & Salad* .....	\$5.00
● Roast Chicken & Salad* .....	\$5.50
● <b>Gluten Free Bread Option</b> .....	<b>Add \$1.00</b>
<b>Toasted:</b> .....	<b>Add \$0.50</b>

## Wraps\* ☆

● Salad only (no meat)* (GF,DF,V).....	\$4.50
● Ham, Tuna or Roast Chicken & Salad*....	\$6.00
● Crumbed Chicken Tenders (2) & Salad*....	\$7.00
● <b>Add: Cheese</b> .....	\$0.50
<b>Add: Sauce or Dressing</b> .....	FREE

## Salads\* ☆

● Salad Tub - No meat (GF,DF,V).....	\$4.50
● <b>Add: Crumbed Chicken Tender</b> .....	\$1.50
● <b>Add: Ham, Tuna or Roast Chicken (GF)</b> ..	\$1.50
● <b>Add: Sliced Hard Boiled Egg (GF,DF,V)</b> ....	\$1.00
● <b>Add: Cheese (GF)</b> .....	\$0.50
<b>Add: Sauce or Dressing</b> .....	FREE

\*Salad items included: Lettuce, Tomato, Carrot, & Beetroot

## Burgers ☆

● Beef Burger & Salad .....	\$5.50
● Chicken & Salad Burger .....	\$5.50
<i>(Chicken Patty, Lettuce, Cheese, Carrot, Tomato, Beetroot &amp; Sauce*)</i>	
*Salad items included: Lettuce, Tomato, Carrot, & Beetroot	
● <b>Add: Cheese</b> .....	\$0.50
<b>Add: Sauce</b> .....	FREE

## Hot Food

● Mini Pizza ☆.....	\$4.00
<b>Cheese (V) / Ham &amp; Cheese / Hawaiian / OR BBQ Chicken</b>	
● Lasagne ☆.....	\$4.00
● Fried Rice (GF,DF,Egg Free) ☆ .....	\$4.00
● Butter Chicken & Rice (GF,DF) ☆ .....	\$4.00
● Chicken Nuggets (GF,DF) .....	3 for \$3.00
<i>(Nugget Packs come with carrot sticks)</i>	
● Garlic Bread (V) .....	6 for \$5.50
● Cheesy Garlic Bread (V) .....	\$1.00
● Four'n'Twenty Sausage Roll .....	\$3.50
● Four'n'Twenty Traveller Meat Pie .....	\$4.00

## Rice Paper Rolls (2 per serve)

● Chicken & Veg* (GF,DF) ☆ .....	\$4.00
● Tuna & Veg* (GF,DF) ☆ .....	\$4.00
● Veg only (GF,DF,V) ☆ .....	\$4.00
<i>(*Lettuce, Cucumber, Carrot, Capsicum)</i>	

## Healthy Snack Bites

● Carrot Sticks x 6 (GF,DF, V) .....	\$0.50
● Hard Boiled Egg (GF,DF,V) .....	\$1.00
● Orange Wedges (GF,DF,V) .....	\$1.00
● Apple (GF,DF,V) .....	\$1.00
● Fruit Salad Tub (GF,DF,V) <i>(Fresh Seasonal)</i>	\$3.00
● Cheese & Cracker Pack (GF,V).....	\$1.50
<i>(Rice Crackers &amp; Tasty Cheese)</i>	
● Veggie Dipper Pack (GF,DF,V).....	\$2.00
<i>(Hummus, Rice Crackers, Carrot &amp; Cucumber Sticks)</i>	
● Vanilla Custard (V) .....	\$1.50
● Chocolate Mousse (V) .....	\$1.50

**MORE MENU OPTIONS AVAILABLE ON FLEXISCHOOLS**

## Drinks

● Spring Water 600ml .....	\$2.00
● Milk Popper 250ml <i>(Strawberry or Chocolate)</i>	\$2.20
● Fruit Juice Popper <i>(Apple, Orange or ABC)</i> ....	\$2.20

## From the Freezer

● Streets Mini Calippo (GF).....	\$1.50
● Streets Paddlepop <i>(Choc or Rainbow)</i> .....	\$2.00
● Bulla Vanilla Icecream Cup (GF) .....	\$2.00
● Bulla Frozen Yoghurt <i>(Mango or Strawberry)</i>	\$2.50

## Sauces & Dressings

Tomato Sauce Squeezy .....	\$0.40
BBQ Sauce Squeezy .....	\$0.40
Soy Sauce Sachet .....	\$0.30
Garlic Aioli Tub .....	\$0.30
Sweet Chilli Sauce Tub .....	\$0.30
Balsamic Dressing Tub .....	\$0.30
Mayonnaise Tub .....	\$0.30

## Brown Bag Surcharge

Please note the 10cent charge is for Cash Orders only. This excludes Flexischools orders.



## Allergen Advice

DF = Dairy Free / GF = Gluten Friendly / V = Meat Free

☆ = Freshly Made in the Tuckshop



**To Our  
Volunteers**

We greatly appreciate volunteer help which keeps costs down. Please contact the tuckshop directly or email us if you're able to help.

[bsstuckshop@gmail.com](mailto:bsstuckshop@gmail.com)



## DAILY MEAL DEALS

See Flexischools for Daily Meal Deals

## WEEKLY SPECIAL



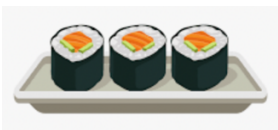
### FRANKIE FRIDAY

(Online Only - 2<sup>nd</sup> Lunch Only)

- Hot Dog..... \$4.00
- **Add: Cheese** ..... \$0.50
- Add: Sauce (Tomato, BBQ or Mustard).....** FREE

## MONTHLY SPECIAL

(ONLINE ONLY)



### SUSHI TUESDAY

First Tuesday of each Month

Pre-Orders are essential  
See Flexischools for details.

## HOW TO ORDER

### Online @ Flexischools:

Our preferred method of ordering is via the online platform flexischools.com.au

Online orders close at 8:45am daily

#### Set up your account

##### 1 Download the Flexischools App

**Note:** for iPhone and iPad please select 'Allow' notifications.

##### 2 Login/Register

###### • Already a Flexischools user –

Enter your details and login.  
To save your login details select 'remember me'.

###### • New Flexischools user –

Click 'Register', enter your email address and follow the instructions in the email to set up your account. Once your account is set up, add new student; search for their school, enter student details and select their class.

##### 3 Top Up Your Account

To make ordering fast and simple, you can set up automatic top ups in your 'User Profile'.

#### Order

##### 1 Place your Order

On the app home screen, scroll down to view your school services such as canteen and uniforms. Then **swipe left and right** to view all available services.

##### 2 Make your Selection

Find the service and press 'Order', then select the items you wish to order.

##### 3 Make Payment

Select your payment option and complete payment to place your order.



10 years supporting the school community



Committed to healthy eating



Over 1,500 happy schools

flexischools

### Cash Orders:

Brown Paper Bag (Cash Orders). Please print name & class clearly on all bag orders. NO staples or tape & please use black/blue pen. Correct money is always an advantage. We do not accept foreign currency.

Cash orders are to be handed directly to the tuckshop by 9:00am daily

MORE MENU OPTIONS AVAILABLE ON FLEXISCHOOLS



## TUCKSHOP MENU SEMESTER 1 – 2023

Our Tuckshop is run by our P&C Association and is open from 8:30am to 11:30am Monday to Friday (First Lunch)

We are also open Fridays for Second Lunch  
Limited Menu (Online only)

#### Flexischools (Online Orders)

Online Orders close at 8:45am daily

Order 24/7 & Save Time

#### Brown Paper Bag (Cash Orders)

Handed Directly to the Tuckshop by 9:00am

**SORRY!! WE DO NOT HAVE EFTPOS FACILITIES YET**

Our Tuckshop is Smart Choices Compliant



- RED – Occasional
- AMBER – Select Carefully
- GREEN – Have Plenty!



Healthy Eats

2 and 5 to help you thrive