

## ALBANY HILLS STATE SCHOOL

# TUCKSHOP MENU 2022

Available 1st &amp; 2nd break for all year levels.

Any Enquires Please call Sharon 32640728

**HEALTHY OPTIONS-AVAILABLE DAILY****SANDWICHES**

Made to order on a choice of preservative-free white or wholemeal bread. A roll, lavash bread & gluten free is (50c extra)

Vegemite ----	\$1.50
Cheese ----	\$2.50
Ham and Cheese ----	\$3.75
Egg and Lettuce (with/without mayo) ----	\$2.50
Salad-Lettuce, Tomato, Carrot, Cheese	\$3.50
Ham, Chicken or Tuna Plain	\$2.75
Ham, Chicken or Tuna and Salad ----	\$4.75
Extras(per serve) Onion, Beetroot, Avocado	\$0.25

Sandwiches can be toasted on request.

**SALADS**

Rainbow Salad	\$4.00
Lettuce, Carrot, Tom, Cheese, 1/2 Egg, Beetroot	
Add Ham or Chicken 50c extra each : Avo 25c extra	
Boiled Egg ---- Free Range	\$0.80
Fresh Fruit Salad (seasonal) ----	\$3.00
Add Yoghurt 50c extra	
Watermelon Cup Friday only	\$2.50
Cheese and crackers (6 per serve)	\$2.00
Cheese and rice crackers( 6 per serve)	\$2.00
Slinkied Apple	\$1.00
BYO Apple to be Slinkied ----	\$0.10

**DRINKS**

Plain Milk (150ml) ----	\$1.00
Flavoured Milk (Strawberry, Chocolate) ----	\$2.20
100% Juice Popper (150ml) ----	\$1.40
(Apple, Orange & Apple-blackcurrant)	
100% Juice Popper (250ml) ----	\$2.00
(Orange, Apple, Apple-blackcurrant & Multivitamin.)	
Water (600ml) ----	\$1.60

All Drinks now carry the 10c refund levy

**ICE BLOCKS**

Plenty of varieties available ----	
Prices range from ----	\$0.30 to \$2.50
Available at <u>second</u> break only	

**HOT FOOD-AVAILABLE EVERYDAY**

Chicken Burger (Lettuce, Tomato, Mayo) ----	\$3.50
Add cheese	\$3.80
Hot Dog with Sauce ----	\$3.20
Hot Dog with Sauce and Cheese ----	\$3.50
Chicken Breast Wedges (3 per serve) ----	\$3.20
Garlic soft roll (warm)	\$1.20

**MONDAY TO THURSDAY**

Pasta Napolitana ----with cheese	\$3.00
Pasta Napolitana ----without cheese	\$2.50
Gluten free Pasta	\$3.00
Corn Cobette ----	\$1.30

**MONDAY SPECIAL HOMEMADE**

Toasted Quesadilla	
Chicken, Cheese & Aioli	\$3.75

**TUESDAY SPECIAL HOMEMADE**

Butter Chicken with rice and naan	\$4.75
Extra Naan	\$0.50

**WEDNESDAY SPECIAL HOMEMADE**

Mexican Beef Nachos	\$4.40
Add Sour Cream & or Cheese ..each	\$0.30

**THURSDAY SPECIAL SUSHI (freshly prepared)****MUST BE ORDERED BY NOON WEDNESDAY**

Crispy Chicken	\$2.90
Tuna and kewpie Mayo	\$2.90
Avo and Cucumber	\$2.90
Soy sauce optional	\$0.10

Homemade Pepperoni Pizza 2nd break only

Homemade Simply Cheese Pizza

**FRIDAY SPECIAL HOMEMADE**

Pork Sausage Roll	\$3.00
(Sauce on request )	

**TREATS**

Cupcake of the day ----	\$1.50
Popcorn (freshly popped)	\$0.50
Fruit toast (2 slices)	\$2.00
Choc Chip Cookie	\$0.85
Egg and Dairy free chocolate Cup cake	\$1.50

# ALBANY HILLS STATE SCHOOL TUCKSHOP

The Tuckshop is open 5 days a week from 8am until 1.40pm and works on a pre-order system.

Students can choose from hot foods, freshly made sandwiches and salads as well as a variety of drinks, we also offer daily specials.

Students can use the Paper bag system or order online using the **QKR** App.

We also have **Eftpos** in the tuckshop.

If using the bag system please write students name, class, desired break as well as the food/drink order on separate bags enclosing the money securely and hand into the tuckshop before the morning session please.

Ice blocks can be purchased over the counter after the second bell at second break **ONLY**.

The Tuckshop operates with the support of volunteer Parents & Carers.

We always welcome new volunteers.

Volunteer times are 8.45am until 1.45pm once a month, we also offer a split shift finishing at 11.00am 😊

Please consider lending a hand.

If your child has any special dietary needs, please contact us on 32640728 and we will do our very best to cater for them.

Many thanks

Sharon and The Team