



Fig Tree Pocket State School P&C

# TUCKSHOP MENU 2019

Open Wednesday, Thursday and Friday

\* Please note prices on Flexischools are cheaper

Flexischools orders close 8am

Over the counter orders close 9am

## DAILY SPECIALS

### WEDNESDAY & THURSDAY

Inari Pocket \$2.90  
Rice Paper Rolls \$3.10  
Sushi \$2.90  
Edamame Beans \$2.35  
Bento Box \$9.20  
Salad Box \$6.30

### WEDNESDAY

Groovy Smoothie  
(Banana) \$3.10  
GF

### FRIDAY

Hot Dog \$3.10  
Munchy Crunchy  
Chicken Burger \$4.30

### THURSDAY

Ham & Cheese  
Pizza \$3.80

Wednesday & Thursday specials can **ONLY** be ordered via Flexischools  
and must be **pre-ordered by 9am each Tuesday**.

You can order for the entire term.

### HOT OPTIONS

Breath-taking Bolognese \$4.40  
Gluten Free Bolognese \$4.50 GF  
Frenzied Fried Rice \$4.20 GF  
Chicken Tenderloin mini wrap  
with mayonnaise & lettuce \$3.30  
Garlic Bread 90c  
Chicken Nuggets (max order 6) 80c GF  
Half Corn Cob \$1.10

### TOASTED SANDWICHES

GF AVAILABLE

Cheese \$3.10  
Ham or Chicken \$3.30  
Cheese & Tomato \$3.30  
Ham or Chicken & Cheese \$3.70  
Ham or Chicken & Cheese & Tomato \$3.90

### DRINKS

Nudie Juice 250mls \$2.10  
(apple, tropical or orange)  
Water 600mls \$2.10  
Breaka Milk \$2.10  
(chocolate or strawberry)

### FROZEN SNACKS

PURCHASE OVER COUNTER 11:15 TO 11:40am.  
THESE CAN NOT BE ORDERED ONLINE

Vanilla Ice Cream Cup \$1.20  
Quelch fruit stick 70c  
Lemonade Icy Twist \$1

GF Every care is taken to ensure these  
items are gluten free, however as there are a  
variety of products prepared in our kitchen,  
we cannot 100% guarantee this.

## SNACKS

Hommus dip, carrot sticks &  
rice crackers \$2.10 **GF**  
Boiled egg \$1.10  
Plain pikelet 70c  
Pikelet with butter/butter & jam 80c  
Muffin (choc chip or blueberry) \$1.40  
Red Rock Chips \$1.30  
Popcorn \$1 **GF**  
Custard cup or Vanilla Yoghurt Cup \$1.10

## SALADS

Green Salad Box \$4.60  
(choose your salad - lettuce, tomato, beetroot,  
1 egg, carrot, cucumber, cheese)  
Plus Chicken or Ham \$1.10  
Plus Tuna \$1.60

## SANDWICHES

### **GF Available**

(made with wholemeal bread)  
Vegemite, Jam or Honey \$2.10  
Cheese \$2.60  
Ham or Chicken \$3.10  
Egg \$2.80  
Egg & Lettuce \$3.10  
Salad \$3.80  
lettuce, tomato, carrot, beetroot)  
Plus Cheese 50c  
Plus Ham or Chicken \$1.10  
Plus Tuna \$1.10

## FRUIT

Bag of grapes (seasonal) \$1.50  
Slice of watermelon \$1  
Slinky apple \$1.40

If your child has a food allergy, please contact Annette in tuckshop  
as we would like to provide tuckshop meals for all children.

## OVER THE COUNTER ORDER

Orders **MUST** be placed by 9am.  
Late orders can not be accepted.

We encourage you to set up a Flexischools  
account. The prices are **cheaper** and  
it is much **easier** to order online than  
coming to the counter.

**GIVE IT A GO!**

## FLEXISCHOOLS ORDERS

Set up an account at [flexischools.com.au](http://flexischools.com.au)

Place orders by **8am**.

Recurring order for the term can be set up.  
Wednesday & Thursday specials are **ONLY**  
available via Flexischools.

Pre-order by 9am each Tuesday.

Menu items are **cheaper** on Flexischools!

## VOLUNTEERS

Without the generous support of volunteers, the tuckshop would struggle to operate.  
To volunteer please contact our Tuckshop Convenor Annette Maxfield on 3878 9457 or 0488 756 964 or email  
[fpsstuckshop@gmail.com](mailto:fpsstuckshop@gmail.com) Your support is great appreciated!