



BG Birthday Buckets—\$14

A stress free and easy way for your child to share a birthday treat with their classmates. Up to 26 'fruity quelch' ice blocks in a take home bucket, all for just \$14!



Belgian Gardens State School

The school Tuckshop is run by the P&C, therefore all revenue earned through the Tuckshop goes to purchasing items to benefit the students.

We strive to bring your children a healthy range of reasonably priced food, that is Smart Choice Compliant.

Menu items may be unavailable from time to time due to factors out of our control. Menu and prices are subject to change.



Volunteers

Volunteers are an important part of our Tuckshop; we cannot operate without them. It is a great place to catch up with others and contribute to the school, and any help is greatly appreciated.

Our busiest time is in the morning from 9am - 11.30am. Even 1 hour of your time to make some sandwiches helps out a lot.

If you are able to help out please contact the Tuckshop team.

How To Order

Online (Preferred option)

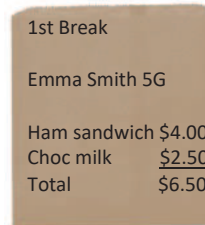
Save time and order online at www.flexischools.com.au



Bags

Using a suitably sized bag clearly write the following:

- * Name
- * Class
- * Which Break - 1st or 2nd
- * Food/Drinks items
- * Total cost of order
- * 1st Break 10.50am
- * 2nd Break 1.30pm



Your child will need to bring their orders to the Tuckshop before school starts. Please provide a separate bag for each break otherwise 10 cents is charged for each bag.



COFFEE—Barista Style

A treat for the Adults

Purchase at tuckshop counter

- | | |
|---------------|-------------|
| Cappuccino | Latte |
| Flat White | Chai |
| Hot Chocolate | Iced Coffee |

** Full Cream, Skim, Almond or Soy Milk **

Regular \$4.00

Large \$5.00



BELGIAN GARDENS STATE SCHOOL



Shoal Cafe

Menu
2019
Term 2

Tuckshop Opening Hours

Mon-Tues 1st Break (8am—12.30pm)
Wed, Thurs, Fri 1st and 2nd Break (8am—2.30pm)



**** EVERYDAY LUNCH DEAL \$6.50 ****

Hot Dog, Fruit/Mini Muffin, Popper/Water
 Ham & Salad Wrap, Fruit /Mini Muffin, Popper/Water
 Spaghetti or Lasagne, Fruit/Mini Muffin, Popper/Water

TOASTIES

Cheese or Cheese & Tomato \$ 3.00
 Ham or Chicken & Cheese \$ 4.00
 Ham or Chicken, Cheese & Tomato \$ 4.50

SANDWICHES

Vegemite \$ 2.50
 Cheese or Vegemite & Cheese \$ 3.00
 Ham or Ham & Cheese \$ 3.50
 Egg & Lettuce \$ 3.50
 Salad \$ 4.50
 Ham, Cheese & Tomato \$ 4.50
 Ham or Chicken & Salad \$ 5.00

Salad: Lettuce, Tomato, Carrot, Cucumber, Beetroot
 Choose White or Multigrain bread



WRAP IT UP!

Ham & Cheese Pocket (toasted) \$ 3.50
 Chicken Strip, Lettuce, Tomato & Cheese \$ 5.00
 Ham or Chicken & Salad \$ 5.00

Add Mayo / Sweet Chilli Sauce
Salad: Lettuce, Tomato, Carrot, Cucumber
 Choose White or Multigrain wrap



DRINKS

Bottled Water 600ml \$ 1.50
 Plain Milk Popper 200ml \$ 1.20
 Fresh Milk 300ml Chocolate or Strawberry \$ 2.50
 M2Go Popper 250ml Chocolate or Strawberry \$ 2.00
 Juice Poppers 250ml Apple or Orange \$ 1.50

**** Homemade: HM Gluten Free—GF ****

DAILY HOT FOOD ITEMS

Hot Dog with Sauce (tomato, BBQ) \$ 3.50
 Hot Dog with Cheese & Sauce (tomato, BBQ) \$ 4.00
 Chinese Dumplings (steamed 3 pack) \$ 6.00
 Classic Meat Pie \$ 4.50
 Sausage Roll \$ 2.80
 Party Pie \$ 1.50
 Spaghetti Bolognese HM \$ 4.70
 Lasagne HM \$ 4.70
 3 x Chicken Fingers or GF Nuggets & Salad \$ 3.40
 6 x Chicken Fingers or GF Nuggets & Salad \$ 5.80
 Tomato or BBQ Sauce Sachets \$ 0.30

POWER 'SALAD' BOWLS

Small \$4.00 Large \$5.00
Base Salad: Lettuce, Tomato, Cucumber, Beetroot,
 Cheese, Carrot & Dressing (French or Balsamic)
 Add Chicken / Egg / Ham (each) \$ 1.00

HEALTHY SNACKS



Nibble Pack Carrot, Cucumber, Hummus & Cracker \$ 2.00
 Pikelets Plain or Butter / Jam HM \$ 0.80
 Popcorn \$ 1.00
 Slinky Apple (Red or Green) \$ 1.00
 Wacky Watermelon (Seasonal) \$ 1.00
 Boiled Egg \$ 1.00
 Mini Choc Muffin HM \$ 1.00
 Muffins (Blueberry or Apple) HM \$ 1.50
 Jatz Crackers & Cheese \$ 1.00
 Corn Cob \$ 1.50
 Custard \$ 1.00
 Custard with Fruit \$ 1.50



DAILY SPECIALS

Stuffed Spuds on Tuesday

Plain with Butter \$ 3.50
 Cheese & Butter \$ 4.00
 Savoury Mince \$ 4.00

Mid Week Mexican on Wednesday

Soft Taco Boats or Nachos with Tortilla Chips \$ 4.00
 Mince, Lettuce, Tomato, Cheese, Sour Cream, Salsa
 Savoury Mince Jaffle \$ 3.50

Burger Day on Thursday

Hamburger HM \$ 6.00
 Crumbed Chicken Burger \$ 5.00
Salad: Lettuce, Tomato, Carrot, Beetroot, Cheese, Onion.
Add Sauce: Tomato, BBQ, Mayo, Sweet Chilli, Mustard

Italian Feast Friday

Pizza on Muffins—Half HM \$ 1.50
 Hawaiian, Ham & Cheese, or Chicken & Cheese
 Garlic Bread \$ 1.50

ICY TREATS



Frozen Yoghurt (Mango or Strawberry) \$ 2.00
 Zings \$ 1.00
 Calippo Mini \$ 1.00
 Lemonade Icy Twisty \$ 1.10
 Fruity Quelch (99% juice) \$ 0.50

BIRTHDAY BOX—BOY or GIRL



Ham & Cheese Sandwich or 2 Party Pies,

Juice or Milk Popper, Popcorn,
 Mini Muffin, Seasonal Fruit,

Birthday Certificate & Small Gift \$ 9.50

