



GLADSTONE WEST STATE SCHOOL TUCKSHOP 2022

Open Wednesday to Friday – First Break [11:00am-11:40am] & Second Break [1:30pm – 2:00pm]

SANDWICHES, ROLLS & WRAPS

[white bread used unless otherwise requested*]

😊 Vegemite	3.00
😊 Cheese	3.00
😊 Egg & Lettuce	3.50
😊 Ham (97% fat-free) or Chicken (H)	4.00
😊 Extra fillings: Cheese, egg, lettuce, tomato, carrot, cucumber, beetroot, alfalfa sprouts & salad onion	0.50 each
😊 Salad (lettuce, tomato, carrot, cucumber, beetroot, alfalfa sprouts & salad onion)	4.50
😊 Salad with Ham or Chicken (H)	5.50
Pita bread wrap (instead of bread or roll)	0.50
Toasted	0.50

SALAD BOXES

😊 Garden salad with lettuce, tomato, carrot, cucumber, beetroot, alfalfa sprouts, egg and cheese	6.00
😊 Add chicken (H) or ham	0.50 each

SNACKS

😊 Seasonal Fruit (apple or orange)	1.00
😊 Fruit Snackpac (fruit salad or peaches)	1.80
😊 Popcorn (20 g, air-popped)	1.00
😊 Diet Jelly Cup (orange, lime or raspberry)	1.50
😊 Chocolate Mousse (GF)	1.50
😊 Crackers and cheese	3.00
😊 Muffins (choc chip or blueberry)	3.00
😊 Coffee Roll (unbuttered)	3.00
😊 Chips (25 g chicken honey soy or plain)	1.50
😊 Vege Chips (GF)	1.50

MISCELLANEOUS

😊 Tomato Sauce Sachet	0.40
Spoon	0.05

Paper Bag	0.05
Tea or Coffee (for grown-ups)	2.00

HOT FOOD

😊 Lasagne (lean meat, light cheese)	4.50
😊 Hot Chicken Wrap (chicken fillet, cheese, aioli & BBQ sauce) (H)	4.00
😊 Chicken Burger (chicken fillet, lettuce, cheese & mayonnaise) (H)	4.00
😊 Hamburger (patty, lettuce, tomato, carrot, cucumber, beetroot, salad onion, cheese & BBQ sauce)	6.00
😊 Hot Dog (97% fat-free) with tomato or bbq sauce	3.50
😊 Hot Dog (97% fat-free) with sauce and cheese	4.00
😊 Mini Pizza (ham, pineapple & cheese or ham & cheese or chicken & cheese)	4.00
😊 Large Meat Pie (lean meat, light pastry)	4.50
😊 Party Pie	1.60
😊 Full Sausage Roll	4.50
😊 Half Sausage Roll	2.30
😊 Chicken Nuggets (Pkt 6, 97% fat-free) (H)	3.50
😊 Mini Dagwood Dog	3.50

DRINKS

😊 Plain water (600 mL)	2.50
😊 Plain milk (300 mL)	3.20
😊 Flavoured milk (300 mL chocolate, strawberry, vanilla, banana or iced coffee)	3.20
😊 Fruit Juice (250 mL apple & blackcurrant, apple or orange)	2.70
😊 Quench Spring Water (orange, raspberry, cola or blueberry)	2.70

ICE BLOCKS – available both breaks

😊 Frozen Yoghurt (strawberry or mango)	2.50
😊 Zinger	1.00
😊 Icy Pole (raspberry or lemonade)	1.80
😊 Lifesaver	1.80
😊 Milo Cup	3.50
😊 Billabong - Chocolate	2.00
😊 Billabong – Triple Swirl	2.00

Tuckshop is **CASH ONLY**, does not have EFTPOS facilities and does not accept foreign currency.

Prices current as at 24/01/2022



GLADSTONE WEST STATE SCHOOL TUCKSHOP 2022

Open Wednesday to Friday – First Break [11:00am-11:40am] & Second Break [1:30pm – 2:00pm]

ABOUT OUR TUCKSHOP

Our Tuckshop is managed by our **Convenor, Mrs Kay Castles**. We aim to offer quality food choices that children (and grown-ups) enjoy. Profits from the Tuckshop are directed back to maintaining and improving the Tuckshop and to resourcing our school to support our students' learning.

ORDER FROM THE TUCKSHOP

It is preferred that all students and staff pre-order from the Tuckshop.

Prep, Years 1, 2 and 3 ORDER by bringing a paper bag with the following written on it:



Please **provide a separate bag for 1st and 2nd breaks**. A 5c charge will be applied where no bag is supplied.

Orders should be given to teachers before 9:00 am. They are then delivered to the Tuckshop. Ice blocks may be ordered for both 1st and 2nd breaks.

Years 4 – 6 MAY ORDER using the paper bag system **BUT with orders being handed to Mrs Castles before 9:00 am**. This will ensure them of their choice. Students collect their orders from the Tuckshop during the breaks via a quick service queue. Students who haven't ordered may purchase from the Tuckshop but must realise that their choice may be restricted. Years 4 – 6 may purchase ice blocks from 11:15 am.

Tuckshop is **CASH ONLY**, does not have EFTPOS facilities and does not accept foreign currency. Online ordering is available as per "Online Tuckshop" section.

Special Days (eg Sports Days) are advertised in the School Newsletter which is published electronically every Tuesday, on SkoolBag, School Website and via notes sent home with students.

ONLINE TUCKSHOP

This can be done online via the "Qkr!" App – see enrolment package/school office for instructions on how to install on your smartphone.

All online orders must be placed by 8:00am, Wednesday to Friday only.

HEALTHY EATING & SMART CHOICES

This menu has been developed considering the Queensland Government's *Smart Choices – Healthy Food and Drink Supply Strategy for Queensland Schools*. Smart Choices uses a 'traffic light' system to categorise food items. Refer to the guide below when selecting items from the Tuckshop.

ORDERING GUIDE & NOTES	
🟢	Green = Healthy choice
🟡	Amber = Eat in moderation
GF	Gluten-free
H	Halal certified
*	White, multi-grain and GF (suitable for those who are gluten intolerant) breads are available.

Tuckshop is **CASH ONLY**, does not have EFTPOS facilities and does not accept foreign currency.

Prices current as at 24/01/2022