If you have any comments/suggestions or can volunteer to bake or serve on the tuckshop please contact Julie Palmer or Rebecca Oliver at tuckshop@thegapss.eq.edu.au

Salad box  (Pre-order only)

Garden salad  $4.00

Lettuce, tomato, cucumber, carrot with your choice of a balsamic dressing, mayonnaise or un-dressed

Add Chicken, Ham or Egg for  $1.00

THURSDAY BURGER MEAL DEAL ONLY

No other pre-order food available.

Main Meals

Monday

Pasta Bolognese  $4.00

Pasta with home made bolognese sauce sprinkled with cheese

Tuesday

Hot Dog with sauce  $3.50

Wednesday

Fried Rice  $4.00

Rice, vegetables and bacon stir fried with soy sauce

Thursday

Burger Meal Deal  $7.00

Chicken, Beef, Cheese or Veggie burger with lettuce, tomato and sauce or mayo. Includes: Juice, milk or bottled water

No other Pre-order food available on Thursdays

Handball

Variety of colours available.  $3.00

Gluten Free items available:

Sandwiches and Toasties, Nachos And Fried Rice

Gluten free items may contain

Drinks

100% Fruit Juice  $2.50

(orange, apple, blackcurrant/apple)

Flavoured milk  $2.00

(choc or strawberry)

Sipahh straw and milk  $1.00

Water  $2.00

Snacks

Corn on the cob  $1.00

2 pikelets with jam  $1.70

Hard boiled egg  $1.00

(Pre-order or over the Counter)

Apple Slinky  $1.50

Frozen Pineapple Hula Hoop  $1.00

Quelch Ice Block  $0.50

Home-baked items  $1.50

Fruit Slushie  $1.50

Frozen Yogurt Icy Pole  $1.50

No other Pre-order food available on Thursdays

No bag? Not a problem - put your order/money in an envelope, add 10c for each bag and we’ll provide them for you. (School based orders)

Add $0.50 for a Wrap

Sandwiches toasted—$0.50 extra.

(Salad includes lettuce, tomato, cucumber and carrot)

Sandwiches

Create your own online starting from $1.80

Chicken or ham salad  $4.00

Cheese salad  $3.70

Ham, cheese and tomato  $3.80

Ham, cheese and pineapple  $3.80

Chicken and cheese  $3.50

Ham and cheese  $3.50

Tomato and cheese  $2.80

Chicken, Ham or Egg  $2.80

Cheese  $2.50

Salad  $3.00

Egg and lettuce  $3.00

Vegemite and cheese  $2.70

Vegemite, Jam or Honey  $2.00

Add $0.50 for a Wrap

Hot Food

Homemade Mini pizza  $2.20

Ham & Pineapple or BBQ Chicken

Potato Gems (5 per serve)  $0.80

Garlic Bread Roll  $2.00

Beef Pie  $3.50

Mini Beef Pie  $2.50

Sausage Roll  $3.00

Crumbed Chicken Tender  $1.50

Wedges with Sour Cream  $3.50

Mac ’n’ Cheese  $4.00

Meatball Sub  $3.50

Meatballs (6)  $2.50

Nachos  $4.20

Tomato sauce  $0.30 ea

Gluten Free items available:

Sandwiches and Toasties, Nachos

And Fried Rice

Gluten free items may contain

No bag? Not a problem - put your order/money in an envelope, add 10c for each bag and we’ll provide them for you. (School based orders)
Welcome to Tuckshop at The Gap State School for 2017. Returning parents will see a few changes to the set up of Tuckshop this year so please remain patient with us as we adjust.

A few points to highlight about the Tuckshop Menu:

♥ A reminder that on Thursday the Burger Meal Deal is the only main meal - no other pre-order hot food or sandwiches are available.
♥ Remember, there is a modified separate menu just for Preps, available on Tuesday only.
♥ Ordering is now possible online through Flexischools. Visit www.flexischools.com.au to set up an account. You can even set up reoccurring orders. Flexischools will also have the most current information about what we have in stock and any additions to the menu from time to time. (saves fishing for change as well) If you already have an account you will be prompted to allocate your child/ren to their new classes which are already in the system.

How you can help?

Volunteering in the Tuckshop

This involves a morning session for only a few hours, beginning at 10:15am through until about 1:00pm on Monday, Tuesday, Wednesday, and Thursday. Our past volunteers will note that this is different in 2017 due to the adjustments in the school learning timetable and break time changes.

Volunteering in the Tuckshop is a fabulous way to meet other parents/carers while actively contributing to our school. Students love to see someone they love behind the counter at tuckshop!

Home-baking Team

If you can’t commit to being at school - we need healthy, freshly baked items that will be sold at the Tuckshop in both bag orders and over the counter. We can provide a list of recipes which comply with the Smart Choices guidelines.

There is a roster system for both volunteering in the Tuckshop and for home-baking and our convenors would love to hear from you to add you to the roster.

We hope you will support our wonderful convenors and enjoy the new menu!

If you ever have any comments or suggestions, please contact Julie Palmer or Rebecca Oliver at tuckshop@thegapss.eq.edu.au or visit them at the Tuckshop.