



KIPPA RING TUCKSHOP 2017

Open Wednesday, Thursday and Friday for 1st and 2nd breaks

How to order:

1. On-line with Flexischools at www.flexischools.com.au. Quick, convenient and no need to carry cash. Ask your convenor for details.
2. The original bag system. Please pre-order hot food. A separate bag is required for 1st and 2nd breaks and drink orders.

HOT FOOD

Lasagne Homemade Lasagne baked with seasonal hidden veggies and lean mince (HV, HM)	\$4.00
Macaroni Cheese Pasta served in a homemade smooth cheesy sauce, vegetarian (HM, V)	\$3.60
Chicken Fried Rice Chicken breast tossed through rice with seasonal vegetables (HM, GF)	\$4.00
Nachos With mild salsa topped with cheese (V, GF)	\$3.00
Nachos with mince Mexican style mince with seasonal hidden vegetables, topped with cheese (HV, HM)	\$3.50
Cheeseburger Homemade beef burger pattie with seasonal hidden vegetables, cheese and tomato sauce (HV, HM)	\$4.00 add salad \$4.50
Chicken Burger Crumbed chicken pattie with lettuce and mayo	\$4.00 add salad \$4.50
Chicken Wrap Crumbed chicken tender with lettuce and mayo	\$3.80 add salad \$4.30
Burrito Wrap Homemade mexican style mince on a wrap with lettuce, tomato, cheese, salsa (FV, HM)	\$3.80
Garlic Bread (V)	\$2.20
Sausage Roll Homemade filling using lean Mince and seasonal vegetables (HV, HM)	\$3.50
Spinach and Cheese Roll Homemade spinach and ricotta cheese filling (HM, V)	\$3.50
Chicken Nuggets Oven baked Ingham nuggets (GF)	4 for \$3.00
Chicken Tenders (GF)	2 for \$4.00
Corn on the Cob (GF, V)	\$1.00

SANDWICHES

All served on Wholemeal Bread unless specified.
Can also make on a wrap add .50c
Gluten Free Bread add \$1.00

Additional extras add .50c each

Salad	\$4.00
Egg and Lettuce	\$3.50
Cheese and Tomato	\$3.50
Ham or Chicken	\$3.50
Ham or Chicken add Cheese or Salad	\$4.00
Vegemite, Jam or Honey	\$2.00

SALADS

Rainbow	\$4.00
Rainbow with chicken or ham	\$4.50
Suprise Salad of the Week	\$4.50

TOASTIES

All served on Wholemeal Bread unless specified.
Toasted wraps also available add .50c
Gluten Free Bread add \$1.00

Additional extras add .50c each

Ham, Cheese and Tomato	\$4.30
Cheese and Tomato	\$3.80
Chicken or Ham with Cheese	\$3.80
Baked Bean or Spagetti Jaffle	\$3.80
Mexican Wrap Toastie Mexican mince (HM, HV), cheese, salsa, toasted and cut into triangles	\$4.00
Pizza Wrap Toastie Pizza sauce, ham and cheese, toasted and cut into triangles	\$4.00

SNACKS

Fresh piece of fruit	\$0.50
Lucky Dip (Cookie or Scroll)	\$1.00
Popcorn	\$0.50
Boiled Egg	\$1.00
Cheese and Biscuits (GF)	\$1.50
Custard Cup	\$2.00
Tex Mex Dip	\$2.00
Carrot Sticks and Hummus	\$2.00

FROZEN SNACKS

Frozen Yoghurt	\$2.50
Pineapple Hula Hoop	\$1.00

DRINKS

Bottled water	\$1.50
100% Popper Juice	\$1.50
Plain Milk	\$1.00
Strawberry or Chocolate Milkshake	\$2.00
Quench Flavoured water	\$2.50

Other items sold only at 2nd Break

Sour Zings	\$1.00
Lemonade Ice Block	\$1.50
Sorbet	\$1.00
Ice Cream Cup (GF)	\$1.30
Jelly Cup	\$1.50
Extras	
Bags, Forks and Spoons	\$0.10
Sauce	\$0.50

For any specific dietary requirements and or further information on our menu please consult Leah in the tuckshop.
Thank you.

All items subject to availability.
Some menu items may contains traces of nuts, seeds, bee and pollen products.
Our tuckshop provides a fantastic service to our school community and we rely on your support.
We hope you enjoy our menu.

HV: Hidden Vegetables
HM: Home Made
V: Vegetarian
GF: Gluten Free