



KIPPA RING TUCKSHOP 2019

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.

LUNCH PACKS

Ham and cheese sandwich, piece of fruit, cheese and crackers, juice popper and a mini muffin \$7.00

Chicken and salad wrap, piece of fruit, cheese and crackers, carrot sticks and dip, mini muffin and a juice popper \$9.00

Platter for the grazers Vege sticks, dip, cheese & crackers sliced fruit, popper \$5.00

HOT FOOD

Burrito Bowl Homemade mexican beef with rice, salsa, salad, cheese and sour cream \$5.00

Chicken Stir Fry Chicken & vegetables in Asian sauce \$4.50

Zucchini slice A big slice of veggie goodness \$4.00

Mini Quiche 3 x homemade ham & vegetable \$4.50

Butter Chicken Homemade with rice GF \$5.00

Veggie Burger Homemade veggie pattie, salad, mayo \$4.80

Cheeseburger Homemade beef burger pattie with cheese and tomato sauce \$4.50

Chicken Burger Chicken, lettuce, mayo \$4.00/\$4.50 with salad

Roast Chicken Roll Roast chicken and mayo or gravy \$5.00

Chicken Tender Roll Chicken tender with lettuce and mayo on a long roll \$4.50

Spaghetti Bolognese Homemade sauce \$4.20

GF Spaghetti Bolognese with Gluten Free pasta GF \$4.50

Macaroni Bake Homemade cheesy sauce with ham \$4.00

Fried Rice Fried rice with ham, egg and veg served with soy sauce GF VEGAN OPTION ALSO AVAILABLE \$4.00

Chicken Nuggets x 4 \$4.00

Chicken Tenders Crumbed chicken tenderloins x2 GF \$4.00

Mini Pizza Hawaiian / Meatlovers \$3.50

Hot Dog Beef sausage on a long roll, tomato/bbq sauce \$3.00

Garlic Bread Individual garlic bread \$2.50

Spinach and Ricotta Triangles \$1.00

Corn on the Cob GF \$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

Ham & Cheese \$4.00

Egg and Lettuce \$3.50

Salad \$4.00

Chicken/Ham \$4.00

Chicken/Ham and Salad \$4.50

Vegemite/Honey/Jam \$2.50

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

Chicken/Ham and Cheese \$4.00

Ham, Cheese and Tomato \$4.00

Cheese \$3.50

WRAPS

Chicken Wrap Chicken tender, lettuce and mayo \$4.50

Chicken and Salad wrap Chicken tender, lettuce, carrot, beetroot, cheese, cucumber and mayo \$5.00

Ham and Salad Wrap Ham, lettuce, carrot, beetroot, cucumber, cheese and mayo \$4.50

Salad Wrap Lettuce, tomato, carrot, beetroot, cheese, cucumber and mayo \$4.00

SALADS & SUSHI

Rainbow GF \$4.50

Rainbow with chicken or ham GF \$5.00

Sushi Roll Teriyaki chicken, egg, lettuce, tuna & mayo \$3.50

SNACKS

Fresh piece of fruit \$0.50

Cookie \$1.00

Cupcake/Muffin \$1.00

Popcorn \$0.50

Pretzels \$0.50

Rice Crackers \$1.00

Boiled Egg \$1.00

Cheese and Biscuits \$1.50

Carrot Sticks and Dip \$2.00

Yoghurt Cup \$1.50

Custard Cup \$2.00

Fruit Salad Cup \$2.00

Pineapple Hula Hoop \$1.00

Savoury Pastry Twist \$1.00

Fruit rollups - homemade, sugar free \$1.00

DRINKS

Bottled water \$1.50

100% Popper Juice \$1.50

Plain Milk \$1.50

Strawberry or Chocolate Milkshake \$2.00

Krazy Lemon \$2.00

Peach/Raspberry Ice Tea \$2.00

Frozen Snacks (2nd break only)

Quelch Icy Pole \$0.50

Lemonade Ice Block \$1.00

Scooby Doo \$1.50

Flash Ice Block \$1.50

Kool Sticks \$1.00

Frozen Yoghurt \$2.50

Extras

Bags, Forks and Spoons \$0.10

Sauce \$0.50

BREAKFAST OPTIONS (8am-8.20am ordered at counter)

Banana Smoothie \$1.00 **Yoghurt** \$1.50 **Fruit** \$0.50

Slice of toast (Veg, jam, honey, raisin) \$1.00

Cereal (2 x Weet Bix, Muesli, Rice Bubbles) \$1.00

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