

THE TUCK IN

Tuckshop Menu Forest Lake State School

Convenor: Ruth Phone: 3714 1258

Order online www.flexischools.com.au

Tuesday - Friday



Sandwiches

Bread options:

- White Hifibre or
- Wholemeal
- Roll add \$0.50c
- Toasted add \$0.50c

Cheese ●	\$1.90
Cheese & Tomato ●	\$2.50
Chicken & 1-2 Salad ●	\$3.00
Chicken & 3+ Salad ●	\$5.50
Egg, Lettuce, Mayo ●	\$2.70
Leg Ham & 1-2 salad ●	\$3.00
Leg Ham & 3+ Salad ●	\$5.50
Salad ●	\$3.20
Tuna ●	\$3.00
Tuna & salad ●	\$5.50
Vegemite ●	\$1.60
Bread & Butter only ●	\$1.30

Hot Food

Chicken Tender Roll ●	\$4.10
Chicken Wedges ●	\$2.70
3x Fish Fingers ●	\$1.80
Hot Dog ●	\$3.00
Traveller beef Pie ●	\$4.00
Sausage Roll ●	\$3.00
Potato Pie ●	\$4.40

**add sauce to your meal:

- BBQ Sauce \$0.50c
- Tomato Sauce \$0.50c

Salads

Chicken & Salad Tray ●	\$5.60
Egg & Salad Tray ●	\$5.60
Leg Ham & Salad Tray ●	\$5.60
Tuna & Salad Tray ●	\$5.60
Salad Tray ●	\$3.80
Side Salad ●	\$3.20

Tuck In Made Products

Butter Chicken w Rice ●	\$4.60
Baked Beans Boat ●	\$2.40
Macaroni & Cheese ●	\$3.50
+ bacon	\$4.00
Spaghetti Boat ●	\$2.40
Corn on cob ●	\$1.60
Garlic Bread ●	\$1.50

Daily Specials

Burgers available Wed & Fri:

- Beef Burger ● \$4.10
- Chicken Burger ● \$4.10
- Veggie Burger ● \$4.10

Rice Paper Roll available Tues, Wed, Thur:

- Chicken & Salad ● \$2.60

Available Tues and Thurs:

- Pizza Slab ● \$2.60
- Nachos ● \$2.80

Drinks (Quench a Thirst)

Flavoured Milk (full cream) ●	\$2.30
<ul style="list-style-type: none"> Chocolate Strawberry Banana 	
Glee ●	\$2.40
<ul style="list-style-type: none"> Blackcurrant Burst Tropical Treat Rockin' Raspberry Bubblegum Grape 	
Iced Tea 500ml ●	\$3.20
<ul style="list-style-type: none"> Peach Raspberry Blackcurrant 	
Popper ●	\$1.65
<ul style="list-style-type: none"> Orange Apple Multi Vitamin 	
Water ●	\$1.40
Krazy Homestyle Lemondade ●	\$2.20
Oak Mini Thickshake Choc ●	\$2.55

Brain freeze

Funny Face ●	\$0.80
Ice Mony ●	\$1.30
Mango Split ●	\$2.40
Mini Callipo ●	\$1.40
Paddle Pop ●	\$2.10
Raspberry Split ●	\$2.30
Slushie ●	\$2.20
Sour Pop ●	\$1.10
Vanilla Ice-cream Cup ●	\$2.00
Zing Yoghurt ●	\$1.10
Choc Shake ●	\$2.40
Scooby Doo Caramel ●	\$1.60
Scooby Doo Choc ●	\$1.60
Scooby Doo Banana ●	\$1.60

Smart Choices, the Healthy Food and Drink Supply Strategy for Queensland Schools is all about offering healthy food and drink choices to students in Queensland schools.

Foods and drinks have been classified into three categories according to their nutritional value:

● GREEN — Have plenty

● AMBER — Select carefully

● RED — Occasional

Snack Attack

Choc chip muffin ●	\$1.60
Choc mousse ●	\$1.50
Gingerbread man ●	\$2.00
Jelly Cup ●	\$1.50
JJ Chips –Chicken ●	\$1.50
Popcorn 13gm pack ●	\$0.70
Red Rock Honey Soy ●	\$1.50
Red Rock Sea salt ●	\$1.50
Yoghurt ●	\$1.30



Fruit

Apple ●	\$1.40
Orange ●	\$1.40
Watermelon slab ●	\$1.30
Watermelon, Rockmelon & Pineapple bag ●	\$1.80