

OUR SCHOOL TUCKSHOP SUPPLY STRATEGY

This menu includes food from both the Green and Amber categories of the “Smart Choices” healthy food and drink Supply Strategy.

GREEN = excellent sources of important nutrients, low in saturated fats and/or added sugar

AMBER = some nutritional value, have moderate amounts of saturated fat and/or added sugar, to be limited in size and quantity

RED = not available on our menu

CAMIRA STATE SCHOOL
TUCKSHOP IS PROUDLY RUN
AND MANAGED BY ANDRIA
THAKER (TUCKSHOP
CONVENOR) FOR THE
CAMIRA STATE SCHOOL P&C

Pricelist effective 1st Jan 2017



Ordering process

Its easy online at

www.ouronlinecanteen.com.au

Orders must be made by 8.30am

Bags also available at the tuckshop if you wish to place an over the counter order.

- Label clearly with
- Student Name and Class
 - 1st/2nd break
 - Food item and amount enclosed

VOLUNTEER AND MEET NEW FRIENDS

Our tuckshop cannot operate without volunteers. If you are able to spare a few hours, please contact Andria at the tuckshop or email pandc@camirass.eq.edu.au.



CAMIRA STATE SCHOOL TUCKSHOP

STUDENT MENU



Operating hours
Monday—Friday
8.15am—2.30pm



GREEN

available before school items marked with *

HOMEMADE MEALS & SNACKS

Spaghetti Bolognaise	3.50
Macaroni Cheese	3.50

Pikelets with jam	1.70
Banana bread	1.50*
Anzac slice	1.50*
Snack pack 1 —boiled egg, cheese and crackers, carrot sticks and a sticker	2.50*
Snack pack 2 (Gluten free) - rice crackers, sultanas, banana chips and carrot sticks	2.50*

FROM THE GRILL

Beef burger w lettuce, tomato, cheese, sauce	4.00
Crumbed chicken burger w lettuce, tomato, cheese, mayo	4.00
Works burger w chicken or beef, lettuce, tomato, cheese, carrot, cucumber on a large bun (beetroot if desired)	5.00
Baked bean toastic	2.50
Add cheese	0.50

SANDWICHES

Add 50c for roll / toasted / extras

Plain Salad	2.50
Salad With Ham	3.00
Salad With Chicken or Tuna or Egg	3.50
Salad With Cheese	3.00
Vegemite and Cheese	1.50

GREEN

available before school items marked with *

WRAPS (half/whole)

Chicken/Ham and salad	3.00/5.00
Tuna and salad	3.20/5.20
Salad	2.50/4.50

SALAD BOXES

Lettuce, tomato, cucumber, carrot, cheese and slice of bread (beetroot if desired)

(gluten free on request)	SMALL	3.30
	LARGE	4.20
Add egg/chicken/tuna/ham		1.00

SNACK ATTACKS

Great for MUNCH CRUNCH

Slinky apple	1.00
Seasonal fruit	1.00 *
Carrot/cucumber sticks/cheese	0.50ea*
Popcorn air popped in bag	0.50
Pineapple ring (frozen)	0.50
Homemade frozen yoghurt	1.50

DRINKS

Chocolate or Strawberry milk	2.20*
Bottled water	1.50*



AMBER

available before school items marked with *

HOT FOODS

Hot dog 97% fat free with sauce	3.20
Add cheese	0.50
Hot chicken roll with mayo	3.20
Cheese and bacon roll	2.00 *
Beef pie	SMALL 2.00
	LARGE 3.50
Sausage roll (reduced fat and salt)	2.50
Chicken nuggets (5) with carrot sticks	2.50
Add Sauce portion (tomato/BBQ/sweet sour)	0.50

DRINKS

Fruit slushie (can only be ordered by Preps)	2.00
Jr Popper 200ml	Paradise Punch 1.50*
	Apple blackcurrent

ICEBLOCKS

Can only be ordered by Preps

Ice mony	0.60
Zooper dooper	0.50
Paddle pop (choc/rainbow)	1.30

SNAPPA'S GREEN MEAL DEAL \$5.50

CHOOSE 1 MEAL

- Small salad box with chicken/ham
- 1/2 wrap with chicken/ham
- Spaghetti bolognaise

ADD 1 DRINK

- Chocolate or strawberry milk
- Bottled water

ADD 1 SNACK

- Popcorn
- Banana bread
- Anzac slice

