

TOOWOOMBA EAST STATE SCHOOL

## TUCKSHOP MENU

### 2023

TUESDAY TO FRIDAY

8.30 AM TO 1.00 PM

ONLINE ORDERS ONLY

VIA THE Qkr! App

8.45 AM CUT-OFF ON THE DAY

**GLUTEN FREE FOODS ( : ) \$1 EXTRA**

Phone – 4637 5224



### BURGERS & WRAPS

BEEF, FISH, VEGE BURGER *	7.50
GRILLED CHICKEN BURGER *	8.50
HAMBURGER – NO CHEESE	5.50
CHEESEBURGER (BEEF, CHEESE, SAUCE)	6.00
CHICKEN & CHEESE BURGER	6.00
CHICKEN & BACON RANCH	6.50

\* PATTY/FILLET, CHEESE, BABY SPINACH, CARROT, TOMATO, SAUCE  
# VEGE PATTY, HAM, BEETROOT, PINEAPPLE, BABY SPINACH, SAUCE

CHICKEN TENDER WRAP	4.00 :
FISH WRAP	5.00
FALAFEL WRAP	5.00 :

WRAP HAS BABY SPINACH & MAYO IN A TORTILLA WRAP.  
ADD CHEESE 0.50 ADD SALAD 1.00

### SANDWICHES, WRAPS & SALADS

BASIC FILLING	2.00
(Vegemite, Jam, Honey, Cheese)	
CHEESE & TOMATO	3.00 :
HAM or CHICKEN	4.00 :
HAM OR CHICKEN CHEESE TOMATO	5.00 :
EGG LETTUCE & MAYO	4.00 :
CURRIED EGG LETTUCE MAYO	4.00
TUNA & MAYO	4.00 :
SALAD	6.00 :
SALAD & PROTEIN	7.00 :
(HAM, CHICKEN, TUNA, EGG, BEEF, FALAFEL)	

**TOASTED ADD 0.50** Extra's - CHEESE 0.50

SALAD 2.50 BREADROLL 0.50 GLUTEN FREE ADD 1.00

CHOOSE WHITE OR WHOLEMEAL BREAD OR WRAP

SMALL SIDE SALAD	2.50 :
SALAD BOX	5.00 :
SALAD BOX & PROTEIN	6.00 :

BOX = LETTUCE CARROT TOMATO BEETROOT CUCUMBER CORN

QUINOA & RICE SALAD BOWL N/A :  
QUINOA RICE CARROT TOMATO CUCUMBER FETA PEPITAS DRESSING

### HOT AND HOMEMADE

BEEF & VEGE LASAGNE	5.50 :
SPAGHETTI BOLOGNESE	4.95 :
MACARONI & CHEESE	4.95 :
FRIED RICE	4.95 :
VEGE FRIED RICE	4.95 :
SWEET POTATO & FETA MUFFIN	4.00
HAWAII TRI(BACON, PINEAPPLE,CHEESE)	4.00

TACO BOATS	5.50
PESTO & VEGE PASTA	4.95
MEATBALL SUB	6.00

### HOT AND TASTY

COB OF CORN	1.00
MINI VEGE SPRING ROLL	2.00
VEGETABLE DIM SIMS(2)	2.00
BEEF CROQUETTE	2.00
SAUSAGE ROLL	4.20
VEGE & FETA PASTIE	6.50
PIES – BEEF, BEEF & POTATO, CHICKEN & VEG	6.00
GARLIC BREAD	2.90
CHICKEN NUGGETS(4)	3.00
SNACK BEEF PIE	3.70
SAUCE TOMATO, BBQ, MUSTARD	0.40
SOUP & DINNER ROLL	4.00
CHEESE & BACON SCROLL	3.00
CHEESE & VEGEMITE SCROLL	3.00

### SPECIALS

THURSDAY HOTDOGS	
NO SAUCE	4.75
SAUCE	5.00
VEGETARIAN	5.00

### SNACKS

BOILED EGG	1.00
6 WATER CRACKERS & CHEESE	2.00
VEGE STICKS & DIP BOX	3.50
PIECE OF FRUIT	1.50
STRAWBERRY YOGHURT CUP	2.50
YOGHURT CRUNCH CUP	3.00
CUSTARD CUP	2.50
JELLY & FRUIT CUP	2.00
JELLY FRUIT & CUSTARD CUP	2.50
RAISIN TOAST	1.60
SWEET MUFFIN	1.50
SNACK ICED FINGER BUN	2.50
BANANA BREAD (GLUTEN FREE)	4.50
SMOKEHOUSE BBQ CHIPS (GF)	2.00
RED ROCK HONEY SOY CHIPS	1.80
GRAINWAVES SOUR CREAM	1.80
POPCORN – SALTED	0.80

### DRINKS

BANANA BERRY SMOOTHIE	4.00
WATER 600ml	1.00
PLAIN MILK	1.50
HOT CHOCOLATE	2.00
CHOCOLATE MILK SMALL	3.50
STRAWBERRY MILK SMALL	3.50
CHOCOLATE MILK LARGE	4.75
JUICE 100% NUDIE	3.30
ALMOND MILK	2.95
LACTOSE FREE CHOC MILK	3.95

### FROZEN TREATS

BERRY BOMBS	1.80
FROZEN PINEAPPLE RING	0.50
BULLA FROZEN YOGHURT	3.30
TWISTED FROZEN YOGHURT	3.30
QUELCH 99% JUICE ICEBLOCK	0.60
ZOOPER DOOPER ICEBLOCK	0.50
NO NASTIES ICELOCK	0.90

### BIRTHDAY TREATS

ICEBLOCK BUCKET	15.00
(30 OF EACH DELIVERED TO CLASS)	
(MUST BE ORDERED A WEEK IN ADVANCE. CALL 4637 5224)	