

HARRIS FIELDS STATE SCHOOL

TUCKSHOP MENU

WEDNESDAY

THURSDAY FRIDAY

ONLY

1st Break

10:30-11:00am

2nd Break

12:50-1:30pm

EFTPOS available

No cash out, minimum EFTPOS spend \$5.00

PAPER BAG ORDERING

- Children must order before 8.25am
- Adults can order until 9:00am
- Separate bag for each lunch break. Bags 5c each from the tuckshop
- Each bag must be clearly labelled with child's name, class and which break
- Change will be taped to the inside of the bag. Tuckshop is not responsible for loss of change
- Children collect their own lunch from the tuckshop at eating time, excluding prep
- Nothing over \$20 note will be changed due to small float, EFTPOS available
- Food cannot be re-heated due to Health and safety laws
- Prices are subject to change
- Only cash or EFTPOS, no cheques accepted
- STRICTLY NO CREDIT

WE LOVE

VOLUNTEERS

The tuckshop is wholly operated by the Harris Fields P and C Association. In order to provide the best food and service we can for your child we need more volunteers. If you are looking for an opportunity to contribute to the Harris Fields school community and enjoy a free lunch, then please contact Barbara McMaster on

3387 1232.

SMART CHOICES

At Harris Fields State School Tuckshop we follow the Queensland State Government Smart Choices guidelines for school tuckshops. One of the initiatives is the traffic light system. This system is designed to help children select healthy food choices from the tuckshop.

RED - Have occasionally. RED items are not suitable for tuckshop menu and supply is limited to two occasions per term.

AMBER – Select Carefully.

GREEN – Have Plenty

All menu items are placed in either the **GREEN or AMBER** category for easy selection.

SANDWICHES | WRAPS | SALAD TUBS

All salad sandwiches (wholemeal bread) and wraps include lettuce, tomato, carrot, cucumber, with or without mayo.

Add cheese, beetroot, pineapple 50c each

A	Honey Sandwich	\$2.00
A	Vegemite Sandwich	\$2.00
A	Jam Sandwich	\$2.00
G	Egg Sandwich	\$2.50
G	Egg and lettuce Sandwich	\$2.50
G	Cheese Sandwich	\$2.50
G	Cheese and Tomato Sandwich	\$3.00
G	Cheese and Ham Sandwich	\$3.50
G	Ham, Cheese and Tomato Sandwich	\$4.00
G	Chicken, Ham or tuna Sandwich	\$3.50
G	Salad Sandwich Add cheese 50c. Add chicken, ham or tuna \$1.00 each	\$3.50
G	Salad wrap Add cheese 50c. Add Chicken, Ham, tuna or chicken tender \$1.00 each	\$4.00
G	Baked Beans or Spaghetti Toastie Add cheese 50c. Add ham, or chicken \$1.00 each	\$2.00
G	SALAD TUBS Lettuce, tomato, carrot, cucumber, egg beetroot, pineapple, celery Add cheese 50c. Add chicken, ham, tuna, chicken strip \$1.00 each	\$4.00
G	Pasta Salad Tub Add cheese 50c. Add chicken, ham, tuna or chicken strip \$1.00 each	\$4.00
G	Rice Salad Tub Add cheese 50c. Add chicken, ham, tuna or chicken strip 1.00 each	\$4.00
G	Fruit salad tub small large	\$1.50 \$3.00

HOT FOOD

Burgers include lettuce, tomato, carrot, cucumber, with or without mayo, BBQ or tomato sauce

Add cheese, beetroot, pineapple 50c each

G	Small Hamburger	\$4.00
G	Large Hamburger	\$5.00
G	Small Chicken Burger	\$4.50
G	Large Chicken Burger	\$5.50
A	Lasagne	\$4.50
A	Meat Pie	\$4.50
A	Small Meat Pie	\$3.50
A	Sausage Roll	\$4.00
A	Pizza (homemade) Chicken and cheese	\$3.50
G	Mac and Cheese (homemade)	\$3.50
G	Fried Rice (homemade)	\$3.50
G	Soup with roll (homemade) Pumpkin or Chicken- winter only	\$3.50
G	Sweet Chilli Wrap	\$5.00
G	Chicken Tender Wrap	\$5.00

MEAL DEALS

Burger and wrap meal deals include lettuce, tomato, carrot, cucumber, with or without mayo, BBQ or tomato sauce

Add cheese, beetroot, pineapple 50c each

Add flavoured milk / popper \$1 each

G	Hero Burger Meal Deal		
	Hamburger, sml Fruit tub, water	Small Large	\$6.00 \$7.00
G	Chicko Burger Meal Deal		
	Chicken Burger, sml fruit tub, water	Small Large	\$6.00 \$7.00
G	Wacky Wrap Meal		
	Chicken, Ham or tuna Salad Wrap, sml fruit tub, water.		\$6.50
G	4X4 Chicken Chippie and vegi sticks		
	4 chicken chippies, 4 carrot sticks, 4 celery sticks, 4 cucumber sticks, small piece of fruit, water (H)		\$4.00
G	SALADS GALORE MEAL		
	Salad tub, sml fruit salad tub, water Add cheese 50c. Add chicken, ham, tuna or chicken strip \$1.00 each		\$6.50

SNACKS

A	Muffins low fat – various, fresh daily	80c	
A	Cheese and Crackers	\$1.00	
G	Popcorn	Small large	40c 80c
		Boiled Egg	80c
G	Seasonal piece of fruit		\$1.00
		Apple slinky BYO Apple	\$1.00 50c
A	Ice Cream – low fat (H)	\$2.00	
A	Various Ice Blocks see price list in the tuckshop	\$1.00- \$3.00	
A	Custard Cup	\$1.20	
	(H) Halal		

DRINKS

G	Water	\$1.50	
A	Milk	plain flavoured	\$2.00 \$2.50
		Poppers	\$2.00

EXTRAS

	Paper ordering bag	5c
	Spoons and forks	5c
	Sauces (Tomato & BBQ)	70c

G – Green, have plenty A – Amber, Select carefully
Years 4-6 Ice Blocks purchased over counter at break time only. Years prep-3 can order on bag.

MADE FRESH TO ORDER
EVERY DAY