



# BRIGHTON GOOD TUCKER TUCKSHOP

The majority of our items are made 'in-house' from fresh ingredients to help your child eat healthy. While every attempt is made to avoid any allergy foods in our cooking, traces may be found in the foods during the manufacturing process. Our Tuckshop is staffed by volunteers, without which this service would not exist for parents. ENJOY!

## ~ WEEKLY SPECIALS ~

### MEXICAN MONDAY

Mexican Pizza	\$ 5.80
- Mexican mince, salsa on pita base	
- ADD avocado or sour cream	\$ 0.30
Beef Burrito	\$ 4.50
- Mexican Mince, lettuce, tomato, cheese, salsa	

### SUSHI WEDNESDAY (Gluten free)



Teriyaki Chicken*	\$ 3.50
Tuna*	\$ 3.50
Vegetarian (carrot, cucumber & mayo)*	\$ 3.50
ADD Avocado*	\$ 0.30

### FRIDAY FEED

Nuggets, garlic bread and popper	\$ 8.50
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### SAUCES

Tomato and BBQ	\$ 0.50
Soy Sauce	\$ 0.50

### HOT FOOD - 1st Break Only

Chicken nuggets (6)	\$ 4.50
<i>Served with lettuce and carrot</i>	
Garlic bread	\$ 2.00
<i>Available 1st &amp; 2nd break</i>	
Pasta Bolognaise (NO MEAT)*	\$ 5.00
<i>Pasta, sauce &amp; cheese</i>	
Beef Burger*	\$ 6.00
Chicken Burger*	\$ 5.70



### PIZZAS-Made on Pita bread 1st break only

Cheese*	\$ 4.50
Ham & Cheese*	\$ 4.80
Hawaiian*	\$ 5.00
<i>- Ham, cheese and pineapple</i>	
Cheese & Onion*	\$ 4.70



### TOASTIES - All on wholemeal

Cheese*	\$ 3.20
Ham & Cheese*	\$ 3.50
Ham, Cheese & Tomato*	\$ 4.10
Ham & Cheese toasted mini wrap*	\$ 3.50
Toastie Meal Deal	\$ 7.00
<i>-A toastie (NOT TOMATO) 2 biscuits &amp; popper</i>	



\*\* Toasties Available 1st & 2nd Break \*\*

### WRAPS & SANDWICHES - Wholemeal

Vegemite or Jam Sandwich*	\$ 2.20
Ham & Cheese*	\$ 3.40
Egg & Lettuce*	\$ 4.30
Salad Sandwich*	\$ 5.50
<i>- Lettuce, tomato, beetroot, carrot, cucumber &amp; cheese</i>	
Ham/Tuna & Salad Sandwich*	\$ 5.80
Salad wrap*	\$ 5.30
Ham & Salad wrap*	\$ 5.50



\* *Homemade on-site*



# BRIGHTON GOOD TUCKER TUCKSHOP

## HOW TO ORDER:

\*\*\* NO ORDERS ACCPETED AFTER 9AM \*\*\*

- 1) Order online through Flexischools before 8.20am (you can order up to 2 weeks in advance);
- 2) Order at the Tuckshop - orders for each break must be on a separate bag listing the following:
  - \* First or Second Break
  - \* Your Child's name & Class
  - \* Menu items and total cost with exact money in the bag (bags can be purchased for 5c each)
  - \* Please do not send orders in zip-locked bags, envelopes or pieces of paper

## SNACKS

Snack Box <b>(2nd break only)</b>	\$ 3.50
<i>-Rice crackers, carrot sticks, hard boiled egg, cheese</i>	
Pop Corn - Air Popped	\$ 0.50
Cheese & Crackers	\$ 2.20
Fruit-N-Yoghurt Museli Crunch	\$ 3.50
Corn on the Cob	\$ 1.20
Hula Hoops (Frozen Pineapple Rings)	\$ 0.50



## HOMEBAKE

Pikelets (x2) - Jam or Buttered*	\$ 1.70
Sultana/Cocoa Biscuit*	\$ 0.70
Sultana/Cocoa Biscuit* x 3	\$ 2.00
Banana muffin*	\$ 2.20



## FRUIT

Fruit Piece (seasonal)	\$ 1.80
Slinky apple	\$ 1.80



## DRINKS

Water	\$ 1.50
Popper	\$ 2.30
<i>- Orange, Apple, Apple &amp; Blackcurrant</i>	
Plain Milk Cup - Low Fat	\$ 1.50
Breaka Flavoured Milk	\$ 3.50
<i>- Chocolate, Vanilla, Strawberry</i>	
Hot Chocolate	\$ 3.50
GROOVE	\$ 3.00

Our Good Tucker Tuckshop is operated by the P&C Association and relies on Volunteers to assist our Convenor in preparing fresh and health food for our Brighton Students 3 days a week. If you are interested in getting involved and helping out please pop in to see Nici in person or email her at [brightonssgoodtucker@outlook.com](mailto:brightonssgoodtucker@outlook.com) Alternatively you can contact the P&C at [pandc@brightonss.eq.edu.au](mailto:pandc@brightonss.eq.edu.au)

\* *Homemade on-site*

## ICE BLOCKS

Icy Twist	\$ 2.20
Freeze Pop	\$ 1.70
TNT	\$ 2.00
Zooper Dooper (GF)	\$ 0.70
Frozen Yoghurt (GF)	\$ 2.50
<i>- Strawberry &amp; Vanilla, Mango &amp; Watermelon,</i>	
<i>-Choc/vanilla, Caramel/vanilla</i>	
Fruit ball (GF) 60c	



## STAFF ONLY OPTIONS (1st Break Only)

Salad Plate with Chicken/Ham/Tuna	\$ 6.80
Teachers Ham & Cheese pizza	\$ 4.80
Teachers Hawaiian pizza	\$ 5.00