



# 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	\$ 5.00
- Mexican mince, salsa on pita base	
- ADD avocado or sour cream	\$ 0.30

Beef Burrito	\$ 4.00
- Mexican Mince, lettuce, tomato, cheese, salsa	

### SUSHI WEDNESDAY



Teriyaki Chicken*	\$ 2.50
Tuna*	\$ 2.50
California (vegetarian)*	\$ 2.50
ADD Avocado*	\$ 0.30

### FRIED RICE FRIDAYS

Fried Rice & 3 Chicken Nuggets	\$ 6.00
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### SAUCES

Tomato, BBQ, Sweet Chili, Mayo,	\$ 0.35
Soy Sauce	\$ 0.35

### HOT FOOD - 1st Break Only

Chicken Nuggets	\$ 4.00	
- Served with lettuce & grated carrot		
Mini Chicken Wrap*	\$ 3.60	
- Chicken breast, lettuce, cheese & mayo		
Fried Rice*	\$ 4.00	
- Ham, peas, carrot, corn, garlic		
Ham & Cheese Scrolls*	\$ 2.00	
Lasagne*	\$ 5.00	
Pasta Bolognese*	\$ 5.00	
Monster Marbles Sub*	\$ 4.00	
- 3 meatballs in italian sauce on wholemeal roll		
Chicken Pasta Bake*	\$ 5.00	
- Chicken, sour cream, garlic, mixed veg & cheese		
Hidden Veg Macaroni Cheese	\$ 5.00	
- Cauliflower, pumpkin, carrot, low fat cream and cheese		

### PIZZAS - Made on Pita Bread

Cheese*	\$ 4.00	
Ham & Cheese*	\$ 4.20	
Hawaiian*	\$ 4.50	
- Ham, pineapple & cheese		
Chicken Pizza*	\$ 4.80	
- Chicken, cheese & bbq sauce		

### TOASTIES - All on wholemeal

Cheese*	\$ 3.00
Ham & Cheese*	\$ 3.20
Ham, Cheese & Tomato*	\$ 3.40
Toastie Meal Deal	\$ 6.00
- Any toastie, 2 cookies, popper/water	

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



### WRAPS & SANDWICHES - Wholemeal

Vegemite or Jam Sandwich*	\$ 2.00
Egg & Lettuce Sandwich*	\$ 3.50
Ham or Tuna Sandwich*	\$ 3.50
Salad Sandwich*	\$ 4.00
- Lettuce, tomato, beetroot, carrot, cucumber & cheese	
Ham & Cheese Wrap*	\$ 3.20
Ham/Tuna & Salad Sandwich*	\$ 4.50



\* 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>	\$ 3.00
<i>- rice crackers, carrot sticks, hard boiled egg, cheese cubes</i>	
Pop Corn - Air Popped	\$ 0.50
Cheese & Crackers	\$ 2.00
Custard - Low Fat	\$ 1.20
Banana & Custard - Low Fat	\$ 1.50
Fruit-N-Yoghurt Museli Crunch	\$ 2.50
Corn on the Cob	\$ 1.00
Hula Hoops (Frozen Pineapple Rings)	\$ 0.50



## HOMEBAKE

Pikelets (x2) - Jam or Buttered*	\$ 1.20
Sultana/Cocoa Cookies (each)*	\$ 0.60
Sultana/Cocoa Cookies (x3)*	\$ 1.50
Choc Puffed Rice Slice*	\$ 1.50
Apple Cinnamon Muffin*	\$ 1.50



## FRUIT

Fruit Piece (seasonal)	\$ 1.20
Slinky Apples	\$ 1.20



## DRINKS

Water	\$ 1.20
Popper	\$ 2.00
<i>- Orange, Apple, Apple &amp; Blackcurrant</i>	
Plain Milk Cup - Low Fat	\$ 1.20
Breaka Flavoured Milk	\$ 2.80
<i>- Chocolate, Vanilla, Strawberry</i>	
Hot Chocolate	\$ 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

Zooper Dooper	\$ 0.60
Freeze Pop	\$ 1.20
Icy Twist	\$ 1.50
TNT	\$ 1.20
Frozen Yoghurt	\$ 2.00
<i>- Strawberry &amp; Vanilla, Mango &amp; Watermelon, Chocolate &amp; Vanilla Bean, Blueberry &amp; Cookie Dough</i>	



## STAFF ONLY OPTIONS (1st Break Only)

Salad Plate with Chicken/Ham/Tuna	\$ 6.50
Cauliflower Quiche & Salad	\$ 6.50
Chicken Lasagna	\$ 5.00
Scones with Jam & Cream	\$ 2.00
Jelly & Custard Cups <b>(1st &amp; 2nd break)</b>	\$ 1.50