

Daily Specials

Monday – Sushi Assorted	\$3.50
Tuesday – Sushi Assorted	\$3.50
Wednesday – Pizza HM V & GF	From \$4.00
(Cheese, Hawaiian & BBQ Chicken)	
Thursday – Nachos HM V & GF	\$4.50
Friday – Grilled HM Fish & Salad	\$5.50

Fresh Morning Bake's

8:30am – 9:00am

Choc Chip Muffins HM (Sugar free)	.50c
Cheesymite Scrolls HM	\$1.20
Mini Quiche HM	\$2.00
Baked Bean Cups/ Soldier Toast V & GF	\$2.50

Sushi – Monday & Tuesday Only

Advocado GF
Tuna & Mayo
Tuna & Advocado GF
Teriyaki Chicken
Teriyaki Tofu Roll - Vegan



COMMENCES MONDAY 15TH MARCH

Tuck Shop

Monday – Friday

8:30am – 2:00pm

Term 1

ORDER ONLINE

Register at

www.flexischools.com.au

Online ordering strictly closes at 9am.

Contacts

Tuck Shop Convenor – Rebecca Profilio

Uniform Convenor – Kim Sherwood

Email – miamisstuckshop@gmail.com

Birthday Buckets \$14.00



Icy poles for the class in a birthday bucket & balloon

Snacks

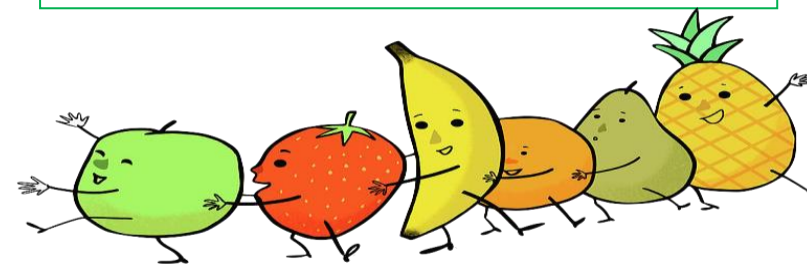
Muffin Choc Chip (SF)	.50c
Apple or Orange slices	.70c
Popcorn	\$1.00
Grape Cones	\$1.00
Hard Boiled Egg	\$1.00
Cheese & Crackers Pkt	\$2.00
Custard Cup	\$2.00
Apple & Custard cup	\$2.00
Rice Crackers Vegan & GF.	\$2.00
Sunbite Snacks Vegan & GF	\$2.00
Seasonal Fruit Salad Vegan & GF	\$2.50
Vegtastic Dip Cup – Carrot & cucumber sticks	\$2.50
with French onion dip	
Mezze Cup – Carrot, cucumber & cheese sticks	\$3.50
With crackers	

Reminder

Uniform shop is now located in the hall

Tuesday's, Thursday's & Friday's

8am – 9am



Hot Food

Penne Bolognese HM GF	\$4.50
Penne Napolitana HM V & GF	\$4.00
Vegetable Bake V & GF	\$4.00
Vegetable Soy Noodle Stir Fry V	\$4.50
Chicken Teriyaki Noodle Stir Fry	\$5.00
Beef Burger	\$5.00
Chicken (Flame grilled) Burger	\$5.50
Gluten Free - Chicken or Beef Burger GF	\$5.50
Vegetarian Burger V	\$5.50
Ham/ Cheese Toastie	\$4.40
Cheese Toastie V	\$3.40
Quesadilla	Half \$2.00/ Whole \$3.80
Garlic Bread V	\$1.20/ add Cheese \$1.50
Corn Cob V & GF	\$1.00

Drinks

Slushy	\$2.50
Juice Bomb – Sparkling Juice	\$2.50
Bottled Water	\$2.00
Plain Milk 200ml Bottle	\$2.00
Choc (SF) Milk 200ml Bottle	\$2.50
Fruit Juice Popper	\$2.00

Vegetarian, Gluten Free & Home made

Please look out for the V, GF & HM symbol throughout the list to see what has a substitute
Item & individually labelled on flexi schools

Vegan – Daily Choices

Home Made Cheesy Pizza or Quesadilla	\$4.50
Vegetable Bake	\$4.00
Cheese/ Mayo Wrap	\$4.50
Primavera Pasta	\$4.50
Veg/ Lentil/ Coconut Curry Pie	\$4.50

Frozen

Slushy	\$2.50
Lick's Frozen Juice Berry or Mango	\$2.00
Twisted Yoghurt	\$2.50
Quelch Stick	.50c
Orange Smile	.30c
Pineapple Hoop	.50c

Extra's

Paper Bags	.10c
Salad Dressing – Italian, Balsamic & Mayo	.50c
Sauce – Tomato, BBQ, Sweet Chilli, Soy, Kewpie Mayo	.30c

Sandwiches/ Wraps add .50c/ GF add .50c

Sandwiches- Honey, Jam or Vegemite.	\$2.20
Cheese Sandwich	\$2.30
Ham Sandwich	\$2.80
Egg & Lettuce	\$3.00
Curried Egg & Lettuce	\$3.10
Salad Sandwich	\$3.50
Add Ham	\$1.00
Add Chicken/ Tuna	\$2.00
Chicken or Tuna Sandwich	\$3.50

Salads

Garden Salad	\$4.00
Caesar Salad	\$4.50
Extra's from	.50c to \$1.00
Add Chicken or Tuna	\$2.00

Volunteers – We need you



Pick your desirable day & time

See Rebecca or email miamisstuckshop@gmail.com

