



Robertson State School Tuckshop Menu 2020

Hot Food

GF - Gluten Free; V - Vegetarian
A - Amber; G - Green

Garlic Bread (A) (V)	\$1.50
Cup of Seasoned Wedges (A) (V)	\$1.50
Chicken Nuggets (5 per pack)	\$2.00
Lite Beef Pie 180g (A)	\$3.80
Mini Beef Pie 120g (A)	\$2.80
Potato Top Pie 180g (A)	\$3.90
Beef, Bacon & Cheese Pie (A)	\$3.90
Sausage Roll 120 g (A)	\$3.20
Spinach & Ricotta Roll 140g (V) (A)	\$3.20
Margarita Pizza 140g (G)	\$3.00
Hawaiian Pizza (A) ,BBQ Chicken Pizza (G)	\$3.00
Lasagne 220g (G)	\$4.00
Gluten Free Vegetable Lasagne (GF - Ceoliac Safe)	\$5.00
Macaroni Cheese 200g (G)	\$4.00
Bolognese Pasta	\$4.00
Tuna, Corn and Cheese Pasta	\$4.00
Meatball Pasta (HALAL)	\$5.00
Squeezey Tomato Sauce	\$0.50

Daily Specials (Seasonal – check flexischools for updates)

Crumbed Fish Wrap with Lettuce & Mayo	\$3.50
Fried Rice (Chicken , Ham)	\$5.00
Bulgogi with Rice (Marinated Sliced Beef)	\$6.00
Chicken Curry with Rice	\$5.00
Cheeseburger	\$4.00
Chicken Burger with Lettuce & Mayo	\$4.00
Vege Burger with Lettuce & Mayo	\$3.50
Sushi Roll	\$3.00 ea
Avocado (V), Tuna, Teriyaki Chicken, Vegetable	

Sandwiches & Wraps

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Chicken Lettuce & Mayo (Fine Cut Roasted Chicken)	\$3.85
Tuna & Lettuce	\$3.85
Lite Ham, Cheese & Tomato	\$3.85
Salad	\$3.50
*(Lettuce, Tomato, Cucumber, Carrot, Beetroot, Spinach & Rocket)	
Egg, Lettuce & Mayo	\$3.50
Cheese or Vegemite	\$2.20
Ham or Chicken & Salad Wrap	\$5.50
Chicken Parmigiana Wrap	\$5.00
(Toasted Wrap - Crumbed Chicken Breast pieces with Ham, Cheese & Tomato Pizza Sauce)	
Chicken Paramigiana Wrap (GF - Ceoliac Safe)	\$6.00
(Toasted Wrap - Crumbed GF Chicken Tenders with Ham, Cheese & Tomato Pizza Sauce)	

Salad Boxes

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Chicken Salad (G)	Large \$5.50
(Roasted Fine Cut Chicken, Cos Lettuce, Tomato, Cucumber, Boiled Egg, Lite Cheese, Lite Bacon & Homemade Croutons Served)	
Small	\$4.50
Garden Salad (G) (V) (GF)	\$4.50
(Iceberg Lettuce, Tomato, Cucumber, Carrot, Beetroot, Spinach, Rocket & Lite Cheese)	
Vegetable Box with Cream Cheese	\$3.00
Squeeze Caesar Sauce for salads	\$0.50

NOTE: All spoons or forks incur a 10c charge and are not free

Note: Menu subject to change.
Please go to www.flexischools.com.au to order.

G = Green Food Item – Healthy Option & Highly Recommendation
A = Amber Food Item – Occasional Treat Only Recommendation



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Snacks

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Hard Boiled Egg (G) (GF)	\$1.00
Chocolate Choc Chip Muffin 120g (A)	\$1.50
Fresh Fruit 1x piece (Seasonal) (G) (V) (GF)	\$1.00
Fruit Salad (G) (V) (GF)	Large \$3.00 Small \$2.00
Greek Style Yogurt with Muesli & Berries	\$2.50
Homestyle Mini Choc Chip Cookies (G) (V)	\$1.10
Pretzels (G) (V)	\$1.20
Popcorn (A) (V)	\$1.20
(Contains Soybean Products)	
Sumo Mini Cookies (Cookies & Cream) 20g	\$0.60
Smiths Chips 27g (A)	\$1.50
JJ's Chicken Flavoured Chips (A)	\$1.50
Mamsee Corntos (20g) (GF) (A)	\$1.00
Cheese & Crackers	\$1.00
Jelly & Custard	\$1.50
(raspberry jelly and vanilla custard)	
Red Rock Honey Soy Chips 28g	\$1.80
Jumpy's Chicken Potato Snax 18g	\$1.00
Red Rock Sea Salt Chips 28g	\$1.50

Ice Creams / Ice Blocks / Frozen Yogurt

Jelly Stix Frozen	\$0.20
Jelly Fruit Shapes	\$0.30
Zooper Doopers	\$0.70
Ice Mony	\$0.80
TNT Sour	\$1.00
TNT Creamy	\$1.00
Calippo Mini - Raspberry Pine	\$1.10
Paddle Pop Icy Twist	\$1.20
Chocolate/ Rainbow Paddle Pop	\$1.50
Twisted Frozen Yogurt (No Artificial Colours or Flavours)	\$2.00
Chocolate & Vanilla / Strawberry & Vanilla OR Watermelon & Mango	
Paddle Pop Shaky's Shake Choc Pot 150ml	\$2.20

Drinks

Up & Go	\$2.50
Juice Box	\$1.50
Water 600ml	\$1.50
Skim Milk 250ml	\$1.00
Quench Lightly Carbonated Spring Water	\$2.20
Breaka Milk	\$2.20
Iced Tea	\$2.00
Krazy Lemon (Homestyle Lemonade)	\$2.00
Slushie	\$2.00
Orchy Juice 350ml	\$2.50
Chill J Sparkling Fruit Juice	\$2.00

(All Natural, No Preservatives, No Artificial Colours or Sweeteners)

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