



# Robertson State School Tuckshop Menu 2022

## HOT FOOD

*GF - Gluten Free; V - Vegetarian*

*A - Amber; G – Green*

Garlic Bread (A) (V)	\$1.50
Cup of Seasoned Wedges (A) (V)	\$2.00
Chicken Nuggets (5 per pack)	\$2.50
Pie Traveller Lite N Up Beef 160g (A)	\$4.00
Potato Top Pie 180g (A)	\$4.50
Beef, Bacon & Cheese Pie (A)	\$4.00
Sausage Roll 120 g (A)	\$3.30
Spinach & Ricotta Roll 140g (V) (A)	\$3.50
Margarita Pizza 140g (G)	\$4.00
Hawaiian Pizza (A) ,BBQ Chicken Pizza (G)	\$4.00
Lasagne 220g (G)	\$4.50
Halal Beef Pie or Cheese beef (A)	\$5.50
Halal Sausage Roll (A)	\$4.50
Macaroni Cheese 200g (G)	\$4.50
Bolognese Pasta	\$4.30
Tuna, Corn and Cheese Pasta	\$4.30
Meatball Pasta (HALAL)	\$5.50
Chicken Parmigiana Wrap	\$6.00
(Toasted Wrap - Crumbed Chicken Breast Pieces with Ham, Cheese & Tomato Pizza Sauce)	

## GLUTEN FREE (safe for Ceolians)

Gluten Free Beef Sausage Roll	\$6.50
Gluten Free Vegan Sausage Roll	\$6.00
Gluten Free Vegetable Lasagne (GF)	\$5.50
Gluten Free Garlic Bread	\$3.00
Chicken Parmigiana Wrap (GF)	\$6.50
Chicken Tenders (2x per serve)	\$3.00

## DAILY SPECIALS (Seasonal – check flexischools for updates)

Crumbed Fish Wrap with Lettuce & Mayo	\$4.50
Fried Rice (Chicken , Kimchi ,Vege)	\$5.50
Bulgogi with Rice (Marinated Sliced Beef)	\$7.00
Chicken Curry with Rice	\$6.00
Cheeseburger	\$4.50
Chicken Burger with Lettuce & Mayo	\$4.50
Vege Burger with Lettuce & Mayo	\$4.50
Sushi Roll	\$3.30 ea
(Avocado (V), Tuna, Teriyaki Chicken, Vegetable)	

**Note: Menu subject to change.**

**Please go to [www.flexischools.com.au](http://www.flexischools.com.au) to order.**

## VEGAN

Pizza	\$6.50
(tomato sauce, plant based meat with sweet corn and vegan mozzarella cheese)	
Coctail Spring Rolls (5x per serve)	\$2.50
Samosa (2x per serve)	\$3.00
Vegan & GF Sausage Roll	\$6.00

## SANDWICHES

*GF - Gluten Free; V - Vegetarian*

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**ALL SANDWICHES CAN BE MADE GLUTEN FREE (SAFE FOR CEOLIACS)**

Chicken Lettuce & Mayo (Fine Cut Roasted Chicken)	\$4.50
Tuna & Lettuce	\$4.50
Ham, Cheese & Tomato	\$4.50
Salad	\$5.00
*(Lettuce, Tomato, Cucumber, Carrot, Beetroot, Spinach & Rocket)	
Egg, Lettuce & Mayo	\$4.50
Cheese or Vegemite	\$2.50
Ham or Chicken & Salad Wrap	\$6.00

## SALAD BOXES

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Chicken Salad (G)	Large	\$6.50
(Roasted Fine Cut Chicken, Cos Lettuce, Tomato, Cucumber, Boiled Egg, Lite Cheese, Lite Bacon & Homemade Croutons Served)	Small	\$5.50

Garden Salad (G) (V) (GF)	\$5.50
(Iceberg Lettuce, Tomato, Cucumber, Carrot, Beetroot, Spinach, Rocket & Lite Cheese )	

## Sauces

Squeeze Tomato Sauce	\$0.50
Squeeze Caesar Sauce	\$0.50
Soy Sauce	\$0.30

**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 \$4.00 Small \$3.00
Greek Style Yogurt with Muesli & Berries	\$3.00
Homestyle Mini Choc Chip Cookies (G) (V)	\$1.20
Pretzels (G) (V)	\$1.20
Popcorn (A) (V)	\$1.20
(Contains Soybean Products)	
JJ's Chicken Flavoured Chips (A)	\$1.50
Mam mee Corntos (20g) (GF) (A)	\$1.00
Cheese & Crackers	\$1.00
Jelly & Custard (GF)	\$2.00
(raspberry jelly and vanilla custard)	
Red Rock Honey Soy Chips 28g (GF)	\$1.80
Jumpy's Chicken Potato Snax 18g (GF)	\$1.00
Red Rock Sea Salt Chips 28g (GF)	\$1.50
Gluten Free Choc Brownie	\$4.00

## Ice Creams / Ice Blocks / Frozen Yogurt

Jelly Stix Frozen	\$0.30
Jelly Fruit Shapes	\$0.50
Zooper Doopers (GF)	\$0.80
Ice Mony	\$1.00
TNT Sour	\$1.00
Zing Creamy	\$1.00
Calippo Mini – Raspberry/Pine (GF)	\$1.50
Paddle Pop Icy Twist	\$1.50
Chocolate/ Rainbow Paddle Pop	\$2.00
Twisted Frozen Yogurt (GF)	\$3.00
Chocolate & Vanilla / Strawberry & Vanilla / Watermelon & Mango	
Bulla Vanilla Ice Cream	\$2.00

## Drinks

Up & Go	\$2.50
Juice Box	\$1.80
Water 600ml	\$1.50
Skim Milk 250ml	\$1.00
M2Go Milk	\$2.50
Iced Tea	\$2.50
Krazy Lemon (Homestyle Lemonade)	\$2.50
Slushie	\$2.00
Orchy Juice 350ml	\$3.00
Chill J Sparkling Fruit Juice	\$2.50
Glee Sparkling Fruit Juice	\$2.50

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

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