



Robertson State School Tuckshop Menu 2024

From January 2024

HOT FOOD

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

Garlic Bread (A) (V)	\$1.50
Cup of Seasoned Wedges (A) (V)	\$3.00
Chicken Nuggets (5 per pack)	\$4.00
Pie Traveller Lite N Up Beef 160g (A)	\$5.50
Potato Top Pie 180g (A)	\$6.50
Beef, Bacon & Cheese Pie (A)	\$5.50
Sausage Roll 120 g (A)	\$4.00
Spinach & Ricotta Roll 140g (V) (A)	\$5.00
Margarita Pizza 140g (G)	\$5.00
Hawaiian Pizza (A) ,BBQ Chicken Pizza (G)	\$5.00
Lasagne 220g (G)	\$6.00
Halal Beef Pie or Cheese beef (A)	\$7.00
Halal Sausage Roll (A)	\$5.00
Macaroni Cheese 200g (G)	\$5.50
Bolognese Pasta	\$5.50
Tuna, Corn and Cheese Pasta	\$5.50
Meatball Pasta	\$6.50
Chicken Parmigiana Wrap	\$7.00

GLUTEN FREE & VEGAN

Gluten Free Beef Sausage Roll	\$6.50
Gluten Free <u>AND</u> Vegan Sausage Roll	\$5.00
Gluten Free Garlic Bread	\$3.00
Chicken Parmigiana Wrap (GF)	\$7.50
Chicken Tenders (2x per serve)	\$3.50
Chicken Nuggets (4x per serve)	\$3.50
Vegan Cocktail Spring Rolls (5x per serve)	\$3.00
Vegan Samosa (2x per serve)	\$3.00
Vegan Nuggets (3x per serve)	\$3.00
Vegan no cheese spinach balls (2x per serve)	\$3.00
Vegatarian Lasagne	\$6.50
Oz Bake Cheese Pizza wrap	\$5.00
Oz Bake Vege Pizza wrap	\$5.00
Vegan Pasta	\$6.50
Vegan Butter chicken with rice	\$6.50
Mozzarella Sticks (2x per serve)	\$3.00

SAUCES

Squeeze Tomato Sauce	\$0.60
Squeeze Caesar Sauce	\$0.60
Soy Sauce	\$0.40

DAILY SPECIALS (Seasonal – check flexischools for updates)

Hot Dog	\$5.00
Hot Dog with cheese	\$5.50
Crumbed Fish Wrap with Lettuce & Mayo	\$5.00
Fried Rice (Chicken ,Prawn ,Vege)	\$6.50
Bulgogi with Rice (Marinated Sliced Beef)	\$7.50
Chicken Curry with Rice	\$6.50
Cheeseburger	\$6.00
Chicken Burger with Lettuce & Mayo	\$6.00
Vege Burger with Lettuce & Mayo	\$6.00
Sushi Roll	\$4.00
(Avocado (V), Tuna, Teriyaki Chicken, Vegetable)	

SANDWICHES

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

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

Chicken Lettuce & Mayo (Fine Cut Roasted Chicken)	\$6.00
Tuna & Lettuce	\$5.50
Ham, Cheese & Tomato	\$6.00
Salad	\$7.00
(Lettuce, Tomato, Cucumber, Carrot, Beetroot, Spinach & Rocket)	
Egg, Lettuce & Mayo	\$5.50
Cheese Sandwich	\$3.50
Vegemite Sandwich	\$3.00
Ham or Chicken & Salad Wrap	\$6.50
Ham Cheese Pineapple Toasted Sandwich	\$6.00
Ham Cheese Tomato Toasted Sandwich	\$6.00

SALAD BOXES

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

Chicken Salad (G)	\$7.00
(Roasted Fine Cut Chicken, Cos Lettuce, Tomato, Cucumber, Boiled Egg, Lite Cheese, Lite Bacon & Homemade Croutons)	
Garden Salad (G) (V) (GF)	\$6.00
(Iceberg Lettuce, Tomato, Cucumber, Carrot, Beetroot, Spinach, Rocket & Lite Cheese)	

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



Robertson State School Tuckshop Menu 2024

From January 2024

Snacks

GF - Gluten Free; V - Vegetarian;

A - Amber; G – Green

Hard Boiled Egg (G) (GF)	\$2.00
Chocolate Choc Chip Muffin 120g (A)	\$2.00
Fresh Fruit 1x piece (Seasonal) (G) (V) (GF)	\$1.50
Fruit Salad (G) (V) (GF)	Large \$5.00
	Small \$3.50
Greek Style Yogurt with Muesli & Berries	\$4.00
Homestyle Mini Choc Chip Cookies (G) (V)	\$1.50
Pretzels (G) (V)	\$1.50
Popcorn (A) (V) (Contains Soybean Products)	\$1.50
JJ's Chicken Flavoured Chips (A)	\$1.50
Mam mee Corntos (20g) (GF) (A)	\$1.20
Cheese & Crackers	\$1.50
Jelly & Custard (raspberry jelly and vanilla custard)	\$2.50
Red Rock Honey Soy Chips 28g	\$1.80
Jumpy's Chicken Potato Snax 18g	\$1.50
Red Rock Sea Salt Chips 28g	\$1.50
Gluten Free Choc Brownie	\$4.50
Corn on the Cobb	\$2.00
Vege Chips	\$1.50
Seaweed Box	\$1.00
Hello Panda Biscuits	\$1.00

Ice Creams / Ice Blocks / Frozen Yogurt

Jelly Stix Frozen	\$0.30
Jelly Fruit Shapes	\$0.50
Zooper Doopers	\$1.00
Ice Mony	\$1.50
TNT Sour	\$1.00
Zing Creamy	\$1.00
Calippo Mini - Raspberry Pine	\$2.00
Paddle Pop Icy Twist	\$2.50
Chocolate/ Rainbow Paddle Pop	\$3.00
Twisted Frozen Yogurt (No Artificial Colours or Flavours)	\$3.00
Chocolate & Vanilla / Strawberry & Vanilla OR Watermelon & Mango	
Bulla Vanilla Ice Cream	\$2.00
Snap Stix Sour Pop	\$1.00

Drinks

Up & Go	\$3.00
Juice Box	\$2.50
Water 600ml	\$2.00
Skim Milk 250ml	\$2.00
M2Go Milk	\$2.50
Iced Tea	\$2.50
Krazy Lemon (Homestyle Lemonade)	\$3.00
Slushy	\$2.50
Orchy Juice 350ml	\$3.50
Chill Iced Tea	\$3.00
Glee Sparkling Fruit Juice	\$3.00

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

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