

TUCKSHOP MENU: WOOLLOOWIN SS - as at Jan 2026

COLD LUNCH

Sandwiches - \$2.50 - \$3.50
Vegemite / Ham / Cheese / Tomato
wholemeal bread (HM, V, GFO)

Chicken Caesar Wrap (HM, GFO) - \$5.50
Grilled chicken, lettuce, parmesan cheese and Caesar dressing all wrapped in a flour tortilla.

HOT LUNCH

Toasties (HM, GFO) - \$3.00 - \$4.50
Vegemite / Ham / Cheese / Chicken/ Tomato
(Freshly made on wholemeal bread)

Pasta Bolognese (HM) - \$6.00
(Beef mince sauce with pasta topped with cheese) (HM) or **Pesto Pasta (HM,V,GFO) - \$6.00** (Penne pasta with pesto sauce)

Chicken Nuggets & Salad (HM, GFO) - \$6.00

Cheese Burger (HM, GFO, VO) - \$6.00
(Beef patty, lettuce, cheese, tomato.
Veggie patty also available.)

Japanese Curry (HM) - \$6.00

Pizza (HM, GFO) - \$6.00
Ham/Cheese/Pineapple

DRINKS

Bottled water - \$2.00

Sparkling water - \$2.50

Slushie - \$2.50

Plain milk / Flavoured milk - \$2.80

(Plain/Strawberry/Chocolate)

Juice - \$2.70
(Apple/Tropical)

SAVE TIME & ORDER ONLINE USING FLEXISCHOOLS

HM - HOME-MADE GF - GLUTEN
FREE DF - DAIRY-FREE V -
VEGETARIAN VE - VEGAN VO -
VEGAN OPTION AVAILABLE

GFO - GLUTEN-FREE OPTION
AVAILABLE

*MENU & PRICES SUBJECT TO
CHANGE

BIRTHDAY OPTIONS FOR WHOLE CLASS

Birthday Cupcakes - \$30.00

(iced vanilla cupcakes,
icing and lolly topping)

Birthday Platter - \$20.00

(fruit, veggies and
some treats)

Quelch Ice Blocks - \$15.00

SUSHI WEDNESDAY

Tuna sushi (GF)
Chicken teriyaki sushi
Avocado sushi (GF, V)
Chicken Poke Bowl
Beef Teriyaki Poke Bowl
Vegetarian/Avocado Poke Bowl



Orders close Tuesday 10am

Prices range from \$4.00 for single roll to
\$12.00 for large bowl

SNACKS

Fruit Salad (HM, V, GF, DF) - \$3.50

Frozen Grapes (V, GF, DF) - \$1.50

Seasonal Fruit (V, GF, DF) - \$1.50

Apple Slinky (V, GF, DF) - \$2.00

Banana Bread (V) - \$2.00

Brownies (HM) - \$1.00

Vegetable sticks with hummus - \$3.00
(Carrot/celery/cucumber) (GF, V, DF)

Popcorn (GF, DF) - \$1.50

Cheese & crackers (V) - \$2.50

Greek yoghurt tub (GF, V) - \$2.00
(Reduced fat, Vanilla, 250mL)

Jelly Cups (HM/GF) - \$1.50

Vanilla /Chocolate Cup (GF)- \$2.50

Frozen Yoghurt - \$3.00

Bulla Split - \$2.50

Lemonade Twist - \$2.00

Quelch Ice blocks - \$1.00
(99% fruit juice, raspberry/lemon/orange) (DF)