

SILKSTONE TUCKSHOP

• MENU •

HOT FOOD

Hamburger ✓	\$5.50
Cheeseburger ✓	\$5.50
Chicken Burger ✓	\$5.50
Veggie Burger ✓	\$5.50
Lasagna ✓	\$5.00
Butter Chicken & Rice ✓	\$5.50
Mac & Cheese ✓	\$5.00
Homemade Fried Rice ✓	\$5.00
Homemade Spaghetti Bolognese ✓	\$5.00
Homemade Potato Bake ✓	\$5.50
6 Chicken Nuggets (GF) w Salad ✓	\$5.00
Chicken & Gravy Roll ✓	\$5.00
Hotdog ✓	\$4.00
Kool Skool Sausage Roll ✓	\$4.00
Kool Skool Meat Pie ✓	\$4.50
Kool Skool Snack Meat Pie ✓	\$2.50
Pizza ✓	\$4.50



WRAP RANGE

Chicken Tender ✓	\$6.00
Chicken Tender, lettuce, tomato, carrot, cucumber, cheese & aol ✓	
Sweet Chilli Tender ✓	\$6.00
Chicken Tender, lettuce, tomato, carrot, cucumber, cheese & sweet chilli sauce ✓	
Ham & Salad ✓	\$6.00
Cold Chicken & Salad ✓	\$6.00
Chicken Caesar ✓	\$6.50
Salad Only ✓	\$5.00

SNACKS

Banana Bread ✓	\$2.50
Yoghurt Squeeze ✓	\$2.00
Jelly Cup w fruit ✓	\$2.50
Muffins ✓	\$2.50
Popcorn ✓	\$2.00
Carrots & Dip ✓	\$2.00
Custard Cup w Fruit ✓	\$2.00
Boiled Egg ✓	\$1.50
Fresh Fruit Salad Cup ✓	\$3.00
Piece of Seasonal Fruit ✓	\$1.50
Iced Finger Bun ✓	\$2.50
Vegemite & Cheese Scroll ✓	\$3.00
Cheese & Bacon Roll ✓	\$3.00
Pizza Roll ✓	\$3.00
Grainwave Chips ✓	\$2.00
Chocolate Slice ✓	\$2.50

SALADS

Garden Salad ✓	\$5.00
Lettuce, tomato, carrot, cucumber, grated cheese ✓	
Chicken or Ham Salad ✓	\$6.00
Lettuce, tomato, carrot, cucumber, grated cheese ✓	
Caesar Salad ✓	\$6.50
Chicken, lettuce, bacon pieces, egg, parmesan cheese, caesar dressing ✓	
Extras ✓	\$1.00
Avocado, pineapple, beefsteak ✓	
Sauces ✓	\$0.50
Mayo, Aioli, Sweet Chilli, Caesar, Salad Dressing ✓	

SANDWICH BAR

Made on white bread
Gluten Free bread available

Ham & Cheese ✓	\$4.50
Ham & Salad ✓	\$5.50
Chicken & Cheese ✓	\$4.50
Chicken & Salad ✓	\$5.50
Egg & Lettuce ✓	\$4.50
Curried Egg & Lettuce ✓	\$4.50
Vegemite/ Ham ✓	\$3.50
Chicken / Tuna / Egg ✓	\$4.00
Cheese ✓	\$3.00

DRINKS

Water 600mL ✓	\$2.50
Poppers ✓	\$2.50
Flavoured Milk ✓	\$3.00
Chocolate or Strawberry ✓	
Tea/ Coffee/ Hot Choc ✓	\$5.50
Only available to adults	

BENTO BOXES

Each bento box comes with: Cherry tomatoes, cucumber slices, yoghurt squeeze, popcorn, strawberries, crackers and a drink. Choose from:	
Ham & Cheese Sandwich ✓	\$10.00
Vegemite Sandwich ✓	\$10.00
Mini Quiches ✓	\$10.00
Sushi Roll ✓	\$10.00

SUSHI ROLLS

Teriyaki ✓	\$4.50
Teriyaki Chicken & Avocado ✓	\$4.50
Avocado ✓	\$4.50
Cucumber ✓	\$4.50
Tuna ✓	\$4.50
Tuna & Avocado ✓	\$4.50

TOASTIES

Cheese ✓	\$3.50
Ham & Cheese ✓	\$4.50
Ham, Cheese & Tomato ✓	\$5.00
Chicken, Cheese & Tomato ✓	\$5.00
Chicken & Cheese ✓	\$4.80
Chicken Only ✓	\$4.50
Ham Only ✓	\$4.00

Smart Choices Guideline

- ✓ Have plenty of - Encouraged
- ✓ Select carefully - avoid large serving sizes
- ✓ Avoided - no more than 2 occasions per term

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TREATS

Zooper Dooper ✓	\$0.50
TnT Sour ✓	\$1.00
Ice Cream Cup ✓	\$1.50
Swings ✓	\$2.00

HOW TO ORDER

www.flexischools.com.au

OR

Download the
Flexischools app

ONLINE ORDERS CLOSE 9AM

Cash or EFTPOS
at the tuckshop