



KIPPA RING TUCKSHOP

Open Monday, Wednesday, Thursday and Friday for 1st and 2nd breaks

How to order:

1. On-line with Flexischools at www.flexischools.com.au. Quick, convenient and no need to carry cash. Ask your convenor for details.
2. The original bag system. Please pre-order hot food. A separate bag is required for 1st and 2nd breaks.

LUNCH PACKS

Sandwich pack Choice of ham and cheese or chicken and mayo sandwich, piece of fruit, cheese and crackers, mini muffin, juice popper **\$8.00**

Platter for the grazers Cheese and crackers, veggie sticks and dip, cut up fruit, fruit leather, popper **\$6.00**

HOT FOOD

Spaghetti Bolognese Homemade sauce with GF pasta **\$4.50**
\$4.80

Macaroni Cheese Homemade cheesy sauce **\$4.20**

Butter Chicken Homemade, served with rice (GF) **\$5.00**

Fried Rice with ham, egg and veg (GF) **\$4.00**

Zucchini Slice A big slice of vegetable goodness (GF) **\$4.00**

Mini Quiche 2 homemade ham and vegetable **\$3.00**

Cheeseburger Homemade beef pattie with cheese and tomato sauce **\$4.50/\$5.00 w salad**

Chicken Burger Chicken, lettuce, mayo **\$4.50/\$5.00 w salad**

Veggie Burger Generous veggie pattie with lettuce and mayo **\$4.50/\$5.00 with salad**

Roast Chicken Roll Roast chicken, mayo or gravy **\$5.00**

Hot Dog Beef sausage, long roll with tomato/bbq sauce **\$3.50**

Chicken Nuggets (x4) **\$4.00**

Chicken Tenders 2 x crumbed chicken tenderloins (GF) **\$4.00**

Mini Pizza Hawaiian/Meatlovers **\$3.50/\$4.50GF**

Sausage Roll Homemade with beef and vegetables **\$2.80**

Garlic Bread Individual garlic bread **\$2.50**

Spinach and Ricotta Triangles Homemade **\$1.00**

Corn on the Cob GF **\$1.00**

SANDWICHES/TOASTIES

(White, wholemeal, Gluten Free, Wrap)

Additional extras add .50c each

Ham & Cheese **\$4.00/\$4.50 w salad**

Ham, Cheese, Tomato **\$4.20**

Chicken and Cheese or Mayo **\$4.00/\$4.50 with salad**

Egg and Lettuce **\$3.50/\$4.00 with salad**

Salad **\$4.00**

Cheese **\$3.50**

Vegemite/Honey/Jam **\$2.50**

Baked Bean/Spaghetti **\$4.00**

WRAPS

Chicken tender, lettuce and mayo **\$4.00**

Fresh chicken and salad wrap (lettuce, carrot, beetroot, cheese, cucumber and mayo) **\$5.00**

Ham and Salad Wrap (lettuce, carrot, beetroot, cucumber, cheese and mayo) **\$4.50**

Salad Wrap (lettuce, tomato, carrot, beetroot, cheese, cucumber and mayo) **\$4.00**

SALADS & SUSHI

Rainbow GF Lettuce, tomato, cucumber, beetroot, carrot, boiled egg, cheese **\$4.50**

Rainbow with chicken or ham GF **\$5.00**

Sushi Roll Teriyaki chicken, egg, lettuce, tuna & mayo (available Thursday only) **\$4.50**

SNACKS

Fresh piece of fruit **\$0.50**

Fruit leather Homemade, no added sugar **\$0.50**

Carrot Sticks and Dip **\$2.00**

Pineapple Hula Hoop **\$1.00**

Rice Crackers **\$1.00/\$1.50 w cheese**

Cookie **\$1.00**

Cupcake/Muffin **\$1.00**

Pastry Stick **\$1.00**

Popcorn **\$0.50**

Pretzels **\$0.50**

Rice Crackers **\$1.00**

Boiled Egg **\$1.00**

Yoghurt Cup **\$2.00**

Custard Cup **\$2.00**

Fruit Salad Cup **\$2.00/\$3.00 w yoghurt**

DRINKS

Bottled water **\$1.50**

100% Popper Juice **\$1.50**

Plain Milk **\$1.50**

Strawberry or Chocolate Milkshake **\$2.00**

Banana Smoothie **\$2.00**

Krazy Lemon **\$2.00**

Peach/Raspberry Ice Tea **\$2.00**

Hot Chocolate **\$2.00**

Frozen Snacks (2nd break only)

Quelch Icy Pole 99% juice ice block **\$0.50**

Lemonade, Mango, Rainbow or

Chocolate Ice Blocks **\$1.00**

GF ice cream cup **\$1.00**

Extras

Sauce **\$0.50**

BREAKFAST OPTIONS (8am-8.20am ordered at counter)

Banana Smoothie \$1.00 Yoghurt \$1.50 Fruit \$0.50

Slice of toast or cereal **\$1.00**

FRIDAY MENU MEAL DEAL **\$6.00**

Chicken Burger, Hot Dog, Nuggets, Spag Bol or Mac Cheese
+ Cupcake, Cookie, Pastry Stick or Pretzels

+ Orange, apple, apple/blackcurrent juice or water