

# Tacking Point TuckerBox

Summer Menu 2019

*Tacking Point Public School*



## Breakfast 8:30 - 9:00 am

Toast - Vegemite/Jam	1.00
Yoghurt & Fruit	1.00
Up & Go Chocolate/Vanilla	2.50
Weetbix Bites w/low fat milk	1.00
Raisin Toast /slice	1.00

## Recess

Pasta Cups	2.00
Pizza Melts	2.00
Vegemite Scrolls	0.50

## Drinks

Water (bottled)	2.00
Juice - Apple-blackcurrant	1.50
- Tropical	1.50
Sipaah Straw w/Milk	2.00
Flavoured Light Milk -	2.50
- Chocolate	
- Strawberry	
Milkshake (Light Milk)	3.00
- Chocolate or Vanilla	
Warm Milo (Avail breakfast/recess)	2.00

## Fruit & Vegie Hits - Available All Day!

Vegie Crunch Cups w/ salsa	1.00
Fresh Fruit - seasonal fruit	1.00
Fresh Fruit Tubs - seasonal fruit	0.70
Yoghurt & Fruit	1.00

## Crunch & Sip

BYO Slinky - apple,carrot,cucumber	0.20
Slinky - apple,carrot,cucumber	0.70
Low-fat Honey Yoghurt (4.9% fat, made with skim milk and fruit)	1.00

## Snazzy Snacks

Air-Popped plain Popcorn freshly made in-house	0.50
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## Freeze!

Frozen Pineapple Rings	0.40
Quelch 99% Fruit Juice sticks	0.50
Bulla Icecream tubs 3.5 HSR	1.20
Chocolate Milk Zip-pops	1.00
Slush Puppie Ice Slushies - 4.5 HSR 250 ml "Dinky" 170 ml	2.00
- Cloudy Lemons, Tropical , Sour Apple , Tangy Berry or Strawberry Vanilla	
nb: flavours available may vary daily	

## Salad Shakers

Salad - lettuce,tomato,carrot, cucumber,beetroot	3.50
Salad Tub w/ chicken or ham	4.50
Italian Salad Dressing sachet	0.40

We offer homemade, tasty, nutritious meals and snacks in accordance with NSW Canteen Strategy 2017. Recipes, suppliers and methods are available on request. All feedback & suggestions welcome! Come & see us or email [canteen@tackingpointpandc.org.au](mailto:canteen@tackingpointpandc.org.au).

HSR = Healthy Star Rating GF = Gluten Free





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### Super Food Sandwiches, Wraps & Rolls

Choose from wholemeal bread, rolls or wraps. Buttered using HSR 3.5 \* margarine unless specified.

Vegemite/Strawberry Jam/ Cheese	2.00
Egg Sandwich - plain or curried w/lettuce	3.00
Chicken Breast (cooked in-house) or Ham Sandwich	3.50
Salad Sandwich w/lettuce, tomato, carrot, beetroot & cucumber	3.50
Salad Sandwich w/ham or chicken	4.50
Tuna Sandwich w/lettuce, mayonnaise	4.00
<b>Optional Extras:</b>	
Extra Salad items (per item)	0.50
Avocado/Cheese/Egg (per item)	0.50
Toasted	0.50
Rolls/Wraps	0.70
Spoons/sporks	0.10

### Hot Food - Occasional

Chicken Nuggets 3/serve	2.00
<b>Mon Tue Thu (GF)</b>	0.40
- add Tomato/BBQ Sauce	

### Hot Food - Everyday

Chicken Burger w/lettuce, mayo	4.00
- add cheese 0.50, add Salad 0.50, add pineapple 0.50	
Beef Lasagne (Enrico's frozen)	5.00
Rice cups (Basmati low GI)	2.50

### The Daily Special!

<b>MONDAY</b>	Spaghetti & Meat Balls in Tomato Pasta sauce with cheese	5.00
<b>TUESDAY</b>	Tacos made with lean mince, tomatoes, lettuce grated cheese and served in a soft tortilla boats	5.00
<b>WEDNESDAY</b>	Wipeout Wednesday! Hawaiian Pizza Sub (tomato paste, lean ham, pineapple, capsicum & grated cheese)	5.00
<b>THURSDAY</b>	Rainbow Rice Salad made with capsicum, green beans, baby spinach, cherry tomatoes, corn and cucumber.	5.00
<b>FRIDAY</b>	Friday Wrapped Chicken - fresh chicken & crunchy coleslaw with light coleslaw dressing on your choice of spinach and herb wrap or sundried tomato wrap	5.50



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## IMPORTANT INFORMATION

### Our Aims & Objectives

The TPPS P & C is responsible for the management of the Canteen. We acknowledge the important role that nutritious food plays in the growth & development of our children.

We are therefore committed to offering fresh, nutritious menus that adheres to the **NSW Healthy School Canteen Strategy (2017) and the Nutrition in Schools Policy**. (For more information on the Strategy please visit <https://www.healthykids.nsw.gov.au> OR just ask our Canteen Managers!).

- ✓ We strive to make as many dishes as much as possible from scratch using fresh, locally sourced products.
- ✓ We strive to influence our childrens food choices and broaden their tastes to a much healthier outlook towards future years.
- ✓ We strive to offer affordable choices considering availability and profitably to sustain the service.

### Food from Home

Please note that due to DoE Policy, we are **UNABLE** to reheat your child's food.

### Order Online with Flexischools

Our preferred option is to Order Online. Flexischools is the fast, convenient and secure way to order and pay for school lunches from your home or on your mobile. Register at [ww.flexischools.com.au](http://www.flexischools.com.au)



Orders must be placed no later than 9:30 am! We still accept the Paper Bag option!

### Special Diets

We are happy to accommodate your child's special diet as much as we possibly can. Be sure to let us know!

**A note about Gluten-Free...** there are strong regulations in place in regard to Gluten-free diets that the P & C simply cannot comply with. The P & C has agreed that we will provide pre-packaged foods that are gluten-free as there is no risk of cross-contamination. These foods are sealed and packaged according to the producer's standards. In the future, we hope that our Canteen, staff and the items available can meet the Standard of Coeliac Australia. The standard that has been developed is very strict and it will take time to develop.

### Volunteering in our Canteen ...



If you can spare even just one morning per term or any time, please pop into the canteen and put your name down. We are incredibly dependent on our wonderful volunteers to assist in the production of home-made items. Children love to see their Mum, Dad or grandparents in the canteen and it is a great way to meet others at the school. Leanne and Sandy in the canteen will always welcome you!