

Volunteering

In keeping with the P&C Association's desire to offer a variety of nutritious food, our homestyle menu is cooked on site in the Tuckshop by our Convenor/Volunteers.

We rely upon the support of volunteers to continue and/or expand upon the current offering and to maintain reasonable prices.

Please see our Convenor Meg, in the Tuckshop if you can help.

Smart Choices in the MWSS Tuckshop

Our Cafeteria is a service offered by the P&C Association which aims to provide:

- a variety of nutritious food at reasonable prices
- healthy choices at school

Profits made in our cafeteria are reinvested at the school

How to Order

Orders can be placed by 8.45am through www.flexischools.com.au

OR

In person at the Tuckshop following the below instructions:

1 paper bag for each break, clearly marked with child's

- Name
- Class
- 1st break/2nd break
- Order
- Total cost

Please then hand into the Tuckshop for payment.

When ordering Ice-blocks, child to bring bag to Tuckshop for collection.

Over the counter sales

11:00am to 11:20am (first break)

1:15pm to 1:35pm (second break)

- Ice blocks
- Drinks
- Popcorn
- Muffins
- Seasonal Fruit

PLEASE NOTE:

1 Ice block per child, per day permitted.



The Fresh Bite Tuckshop Menu

SANDWICHES (freshly made to order)

Vegemite/Jam/Honey [V]	\$ 2.20
Cheese [V]	\$ 2.20
Salad Sandwich [V]	\$ 4.00
Tuna & Mayo	\$ 3.00
Ham & Cheese	\$ 3.00
Ham, Cheese & Tomato	\$ 3.50
Egg, Lettuce and Mayo [V]	\$ 3.50
Chicken, Cheese & Mayo	\$ 4.00
<i>Choice of Bread (White/Wholemeal)</i>	
<i>Gluten Free: Bun, Wrap & Toasted [GF]</i>	<i>+\$ 0.50</i>
<i>Add Chicken/Ham/Egg</i>	<i>+\$ 0.50</i>

SALADS (freshly made to order)

Fresh Garden Salad (Lettuce Mix, Carrot, Tomato, Cucumber, Beetroot & Capsicum) [V, GF, P, DF]	\$ 4.00
<i>Add Chicken/Ham/Egg/Cheese</i>	<i>+\$0.50</i>
<i>Add salad dressing</i>	

SUSHI (freshly made to order)

Tuna & Mayo	\$ 2.80
Tuna, Avocado & Mayo	\$ 2.80
Chicken & Mayo	\$ 2.80
Chicken, Avocado & Mayo	\$ 2.80
Vegie with Carrot, Cucumber & Mayo [V]	\$ 2.80
Avocado Sushi [V]	\$ 2.80

Extras available for all sandwiches, sushi & salads:

<i>Cheese/ Avocado/ Carrot/ Beetroot/ Cucumber/ Tomato</i>	<i>+\$ 0.50</i>
<i>Sauce (Tomato/ Mayo/ BBQ)</i>	<i>+\$ 0.50</i>

SNACK FOODS

Raisin Toast (1 slice) [V]	\$ 1.50
Muffin [Blueberry/Vanilla/Choc Chip] [GF, V, HM]	\$ 2.00
Dip w/ Cheese & Crackers [Hummus or Tzatziki] [V]	\$ 2.20
Fresh Fruit (Seasonal) 1 Pc [V, P, DF, GF]	\$ 1.00
Fruit Salad Cup [V, P, DF, GF]	\$ 2.50
Greek Yoghurt w/ Muesli & Berries Cup [V]	\$ 2.20
Popcorn (lightly salted) [V, GF, P, DF]	\$ 1.20
Apple Slinky [V, GF, DF, P]	\$ 1.10
Boiled Egg [V, GF, DF]	\$ 0.70
Banana Bread (1 slice) [V, HM]	\$ 2.00

FROZEN TREATS

Jelly Stick Icy [V]	\$ 0.20
Zing – Full [V]	\$ 0.80
Quelch Berri Ice Block [V]	\$ 0.80
Raspberry Split [V]	\$ 1.00
Ice Mony (Variety of flavours) [V, GF, DF]	\$ 1.00
Chocolate Ice-cream [V]	\$ 1.00
Vanilla Ice-cream Cup [V, GF]	\$ 1.50
Frozen Yoghurt Cup [V, GF]	\$ 2.30
Mango Bowen Bar [V]	\$ 1.00

Options available:

V = Vegetarian	GF = Gluten Free
P = Plant-based	DF = Dairy Free
HM = Homemade	

HOT FOODS

*Homemade Bolognese Pasta [HM]	\$ 4.50
*Homemade Macaroni Cheese [V, HM]	\$ 4.50
Homemade Fried Rice (Ham/Chicken/Vege) [V, DF, HM]	\$ 4.50
*Homemade Burger (w/ Lettuce, tomato, cheese, Pattie & tomato sauce) [HM]	\$ 4.50
*Homemade Pesto Pasta (warm) [V, HM]	\$ 3.50
The Outback Sausage Roll	\$ 3.20
Mrs. Mac Snack Beef Pie	\$ 3.20
Chicken Nuggets (x5) [GF option]	\$ 4.00
Chicken Parmigiana Toasted Wrap (Chicken, Cheese, Ham & Pizza Sauce)	\$ 4.00
- Add Small Side Salad	\$ 1.50
Cob Corn [V, GF]	\$ 1.20
Garlic Bread [V]	\$ 2.00

*GF available on request

PIZZA (freshly made to order)

Cheese [V]	\$ 3.00
Ham & Cheese	
Ham, Cheese & Pineapple	
Chicken & Cheese	
BBQ Chicken & Cheese	\$ 3.50

DRINKS

Flavoured Milk 250ml [Choc/Strawberry]	\$ 2.30
Plain Milk	\$ 1.50
Juice [Apple/Apple & Blackcurrant/ Orange/ Tropical]	\$ 2.00
Quench Sparkling Water [Orange/Lemon]	\$ 2.30