



## ONLINE LUNCH & SNACK SERVICE FOR FS-Y4 STUDENTS

Fed up with making lunch boxes? Struggling for new lunch box ideas? Wish someone could do it for you?

Great news, Tuck Shop Café can eliminate the hassle of planning, shopping and preparing different lunch boxes every school day! We have created a 4-week rolling snack & lunch menu, changing every term. Offering varied, healthy balanced meals to boost your children's energy levels throughout the day.

Each day choose from a wide selection of snacks, hot meals, panini, sandwiches, wraps and more. Our meals are prepared fresh, daily in the on-site school kitchen and include vegetarian, vegan, gluten and dairy free options daily.

Meals are delivered to the classroom.

Log on to [tuckshopcatering.com](http://tuckshopcatering.com) to start enjoying our catering service 😊



For more information email: [sbs@tuckshop.com](mailto:sbs@tuckshop.com)



# WEEK 1 Served Week:

6<sup>th</sup>–10<sup>th</sup> Jan/3<sup>rd</sup>–7<sup>th</sup> Feb

\*Vegetarian options available daily \*All vegetables are locally sourced where possible \*Vegetables or side salad are served with each main meal \* Bakes have low sugar and salt content

**V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard**

## SERVED MONDAY-THURSDAY

### **Pasta with Tomato Sauce Penne Pasta VE/G with Protein rich red sauce VE/L/C**

Whole-wheat pasta, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano

### **Pasta with Beef Bolognese Penne Pasta VE/G with Beef bolognese sauce L/C**

Whole-wheat pasta, minced beef, tomato, carrot, onion, lentil, cinnamon, garlic, basil, olive oil, salt, pepper, Parsley, Oregano, bay leaf

**NEW** Gluten free pasta **VE** option for tomato and Bolognese sauce

## MONDAY

### **Veg Hot Meal – Egg fried rice V/L/S/E**

Rice, egg, pea, carrot onion, ginger, garlic, soy sauce

### **Non-Veg Hot Meal – Beef burrito D/G/L**

Whole wheat tortilla, lean minced beef, rice, avocado, tomato, cheese, onion, capsicum, paprika, cumin, coriander, kidney beans

- **Fresh salsa VE/L/C**

Tomato, tomato paste, onion, garlic, carrot, celery, lentil, oregano, basil

- **Both served with sauteed carrots & zucchini VE**

## TUESDAY

### **Veg Hot Meal – Vegetable noodles V/G/E/L/S/C**

Egg noodles, rice noodles, mixed capsicum, celery, cabbage carrot, onion, garlic, ginger, lite soy, olive oil

### **Non-Veg Hot Meal – Chicken teriyaki noodles**

#### **G/E/L/S/C**

Chicken breast, egg noodles, rice noodles, cabbage, capsicum, green beans, celery, carrot, onion, garlic, teriyaki sauce, egg, olive oil

## WEDNESDAY

### **Veg Hot Meal – Butternut tikka masala V/D/L**

Butternut squash, carrots, peas, ginger onion, garlic, coriander, cumin garam masala, turmeric, tomato, natural yogurt, olive oil, rice

### **Non-Veg Hot Meal – Butter chicken D Rice VE**

Chicken breast, ginger onion, garlic, coriander, cumin garam masala, turmeric, tomato, natural yogurt, low fat butter, rice

- **Both served with broccoli & carrots VE**

## THURSDAY

### **Veg Hot Meal – Margarita pizza fingers V/G/D/L/C**

Flour, yeast, sugar, salt, olive oil, low fat cheese, onion, garlic, tomato, tomato paste, carrot, celery, lentil, oregano, basil

### **Non-Veg Hot Meal – Chicken burger with lettuce & marinara sauce G/E/L/C**

Chicken mince, egg, lettuce, seasoning, Italian herbs, tomato, lentil, carrot, garlic, onion, olive oil, bread roll

- **Both served with skin on wedges VE**

Potato, olive oil, salt, pepper

- **Garden peas VE/L and sweetcorn VE**

## FRIDAY

### **Veg Hot Meal – Teriyaki mushroom bao buns VE/G/S**

Bao bun, mushroom, lite soy, ginger, garlic, shredded carrot, shredded cabbage, coriander

### **Non-Veg Hot Meal – Teriyaki chicken bao buns G/S**

Bao bun, chicken breast, lite soy, ginger, garlic, shredded carrot, shredded cabbage, coriander



## WEEK 2 Served Week:

13<sup>th</sup>-17<sup>th</sup> Jan/10<sup>th</sup>-14<sup>th</sup> Feb

\*Vegetarian options available daily \*All vegetables are locally sourced where possible \*Vegetables or side salad are served with each main meal \*Bakes have low sugar and salt content

**V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard**

### SERVED MONDAY-THURSDAY

#### **Pasta with Tomato Sauce Penne Pasta VE/G** with **Protein rich red sauce VE/L/C**

Whole-wheat pasta, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano

#### **Pasta with Beef Bolognese Penne Pasta VE/G** with **Beef bolognese sauce L/C**

Whole-wheat pasta, minced beef, tomato, carrot, onion, lentil, cinnamon, garlic, basil, olive oil, salt, pepper, Parsley, Oregano, bay leaf

**NEW** Gluten free pasta **VE** option for tomato and Bolognese sauce

### MONDAY

#### **Veg Hot Meal – Sweet & sour tofu VE/S**

Tofu, pineapple, carrot, capsicum, red onion, ginger, garlic, corn flour, lite soy, date syrup, tomato sauce, vinegar

#### **Non-Veg Hot Meal – Chili con carne (mild) C/L**

Lean minced beef, tomato, kidney bean, mixed bell peppers, carrot, lentil, onion celery, garlic, cumin, coriander, paprika, olive oil, salt, pepper

- Served with rice, corn crackers **VE**

### TUESDAY

#### **Veg Hot Meal – Macaroni twist V/G/D/M**

Macaroni, cauliflower, vegetable stock, onion, low fat cheese, low fat milk, mustard, garlic, salt, pepper

#### **Non-Veg Hot Meal – Glazed chicken**

Chicken breast, chicken stock, date syrup, garlic, Italian seasoning, sweet paprika, garlic, olive oil

- **Mash potato V/D**

Potato, low fat milk, seasoning

- Both served with cauliflower and carrots **VE**

### WEDNESDAY

#### **Veg Hot Meal – Chickpea curry VE/L**

Chickpea, onion, cumin, paprika, garlic, curry powder, turmeric, tomato paste, carrot, lentil

#### **Non-Veg Hot Meal – Chicken tikka masala D**

Chicken breast, garlic, olive oil, salt, pepper, masala powder, onion, ginger, tomato paste, garlic, natural yogurt

- Both served with rice, broccoli and cauliflower **VE**

### THURSDAY

#### **Veg Hot Meal – Margarita pizza fingers V/G/D/L/C**

Flour, yeast, sugar, salt, olive oil, low fat cheese, onion, garlic, tomato, tomato paste, carrot, celery, lentil, oregano, basil

#### **Non-Veg Hot Meal – Parmesan chicken tenders G/E/D**

Chicken breast, egg, breadcrumbs, parmesan, seasoning

- Both served with fresh wedges, sweetcorn **VE**
- Peas **VE/L**

Potato, olive oil, oregano, salt pepper, sweetcorn, garden peas

### FRIDAY

#### **Veg Hot Meal – Vegetable spring rolls with sweet chili sauce VE/G/L** Carrot sticks **VE**

Filo pasty, cabbage, carrot, green bean, mix capsicum, seasoning, sweet chili sauce, carrot

#### **Non-Veg Hot Meal – Chicken dumpling with lite soy sauce dip G/C/S** Carrot sticks **VE**

Chicken, flour, celery, onion, coriander, ginger, garlic, seasoning, chicken stock, corn flour, lite soy, carrot



## WEEK 3 Served Week:

20<sup>th</sup>-24<sup>th</sup> Jan/17<sup>th</sup>-21<sup>st</sup> Feb

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**V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard**

### SERVED MONDAY-THURSDAY

#### **Pasta with Tomato Sauce Penne Pasta VE/G** with **Protein rich red sauce VE/L/C**

Whole-wheat pasta, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano

#### **Pasta with Beef Bolognese Penne Pasta VE/G** with **Beef bolognese sauce L/C**

Whole-wheat pasta, minced beef, tomato, carrot, onion, garlic, lentil, cinnamon, basil, olive oil, salt, pepper, Parsley, Oregano, bay leaf

**NEW** Gluten free pasta **VE** option for tomato and Bolognese sauce

### MONDAY

#### **Veg Hot Meal – Butternut & spinach lasagna V/G/D/C**

Butternut, zucchini, tomato, carrot, celery, onion, garlic, basil, olive oil, salt, pepper, parsley, oregano, bay leaf, low fat milk, flour, low fat cheese, pasta sheet

#### **Non-Veg Hot Meal – Chicken shish tawouk D**

Chicken breast, low fat natural yogurt, lemon juice, garlic, sweet paprika, seasoning

- **Rice VE**
- **Both served with roasted carrot, zucchini, pumpkin, onion garlic VE**

### TUESDAY

#### **Veg Hot Meal – Veggie bake with cheesy mash topping V/D/L**

Lentil, onion, celery, carrot, courgetti, pumpkin, rosemary, tomato, vegetable stock, garlic, potato, low fat milk, low fat cheese

#### **Non-Veg Hot Meal – Sausage mash & gravy G/S/D**

Chicken sausage, potato, low fat milk, chicken stock, lite soy pepper

- **Both served with peas and carrots VE/L**

### WEDNESDAY

#### **Veg Hot Meal – Teriyaki veggie noodles G/E/L/S**

Egg noodles, rice noodles, mixed capsicum, celery, cabbage carrot, onion, teriyaki sauce, garlic, ginger, olive oil

#### **Non-Veg Hot Meal – Butter chicken D Rice VE**

Chicken breast, ginger onion, garlic, coriander, cumin garam masala, turmeric, tomato, natural yogurt, low fat butter, rice

- **Served with rice & vegetables VE**

### THURSDAY

#### **Veg Hot Meal - Margarita pizza V/G/D/L/C**

Flour, yeast, sugar, olive oil, salt, low fat cheese, onion, garlic, tomato, celery, tomato paste, carrot, lentil, oregano, basil

#### **Non-Veg Hot Meal – 100% beef burger with lettuce marinara sauce G/E/L/C**

Lean beef mince, egg, seasoning, Italian herbs, tomato, lentil, carrot, garlic, onion, olive oil, lettuce, bread roll

- **Both served with fresh wedges, sweetcorn VE**

**Peas VE/L**  
Potato, olive oil, seasoning, sweetcorn, garden peas

### FRIDAY

#### **Veg Hot Meal – Cheesy garlic herb fingers with marinara dip V/G/D/L/C Carrot sticks VE**

Flour, yeast, sugar, olive oil, salt, garlic, herbs, low fat cheese, onion, tomato, celery, tomato paste, carrot, lentil, oregano, basil, carrot

#### **Non-Veg Hot Meal – Barbeque chicken bao buns G/S**

Bao bun, chicken breast, barbeque sauce, ginger, garlic, shredded carrot, shredded cabbage, coriander



# WEEK 4 Served Week:

27<sup>th</sup>-21<sup>st</sup> Jan/24<sup>th</sup>-28<sup>th</sup> Feb

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**V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lupin/legumes C-celery F-fish S-soy M-mustard**

## SERVED MONDAY-THURSDAY

### Pasta with Tomato Sauce Penne Pasta **VE/G** with Protein rich red sauce **VE/L/C**

Whole-wheat pasta, tomato, lentil, carrot, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano

### Pasta with Beef Bolognese Penne Pasta **VE/G** with Beef bolognese sauce **L/C**

Whole-wheat pasta, minced beef, tomato, carrot, onion, lentil, cinnamon, garlic, basil, olive oil, salt, pepper, Parsley, Oregano, bay leaf

**NEW** Gluten free pasta **VE** option for tomato and Bolognese sauce

## MONDAY

### Veg Hot Meal – Butternut risotto **V/D**

Butternut squash, arborio rice, vegetable stock, garlic, olive oil, low fat butter, onion, basil, salt, pepper

### Non-Veg Hot Meal – Beef meat balls in Moroccan tomato sauce **E**

Beef, egg, cumin, coriander, paprika, turmeric, cinnamon, tomato, onion, garlic, salt, pepper, olive oil

- **Rice** **VE**
- **Both served with broccoli** **VE**

## TUESDAY

### Veg Hot Meal – Cauliflower cheese gratin **V/G/D**

Cauliflower, flour, low fat cheese, low fat butter, nutmeg, breadcrumbs, seasoning, potato, olive oil

### Non-Veg Hot Meal – Roast chicken with gravy

Chicken breast, chicken stock, seasoning, potato, olive oil, seasoning

- **Both served with roast potatoes** **VE**  
Potato, olive oil, seasoning
- **broccoli and carrots** **VE**

## WEDNESDAY

### Veg Hot Meal – Nut free pesto linguini **V/G/D**

Whole-wheat pasta, basil, garlic, parmesan, olive oil, low fat cheddar cheese, salt, pepper

### Non-Veg Hot Meal – Chicken katsu curry **G/E**

Chicken breast, egg, bread, ginger onion, vegetable oil, garlic, curry powder, turmeric, tomato, lite coconut milk

- **Rice** **VE**
- **Both served with broccoli and cauliflower** **VE**

## THURSDAY

### Veg Hot Meal – Margarita pizza fingers **V/G/D/L**

Flour, yeast, sugar, salt, olive oil, low fat cheese, onion, garlic, tomato, tomato paste, carrot, lentil, oregano, basil

### Non-Veg Hot Meal – Chicken hotdog **G**

Fresh chicken sausage, bread roll

- **Both served with fresh wedges, sweetcorn** **VE**  
**Peas** **VE/L**  
Potato, olive oil, oregano, salt pepper, sweetcorn, garden peas

## FRIDAY

### Veg Hot Meal – Veggie burrito **V/D/G/L**

Whole wheat tortilla, rice, avocado, sweetcorn, tomato, cheese, onion, capsicum, paprika, cumin, coriander, kidney beans

### Non-Veg Hot Meal – Chicken burrito **D/G/L**

Whole wheat tortilla, chicken breast, rice, avocado, sweetcorn, tomato, cheese, onion, capsicum, paprika, cumin, coriander, kidney beans