



## 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:

## 7<sup>th</sup>-11<sup>th</sup> Apr /5<sup>th</sup>-9<sup>th</sup> May/2<sup>nd</sup>-6<sup>th</sup> June

\*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

**Penne Pasta VE/G** with **Protein rich red sauce VE/L/C** OR **Beef bolognese sauce L/C**

*Whole-wheat pasta, tomato, lentil, carrot, celery, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano (Beef Bolognese includes lean beef mince, bay leaf, parsley)*

**Gluten free pasta VE** pre-ordered at first break

**Jacket potatoes (Gluten free) VE**

with a choice of topping **Baked beans VE/L** **Cheddar cheese V/D** **Sweetcorn VE** **Chicken mayo E/S/M** **Tuna mayo F/E/M/S** **BBQ chicken S/M** **Beef bolognese L/C**

### MONDAY

**Veg Hot Meal** **Thai veggie noodles G/E/C**

*Egg noodles, rice noodles, mixed capsicum, celery, cabbage carrot, onion, ginger, garlic, lemongrass, lemon, zest, coriander*

**Non-Veg Hot Meal NEW** **Thai chicken with rice**

*Chicken breast, olive oil, ginger, garlic, lemongrass, lemon, zest, coriander, basmati*

- Both served with stir fries vegetables **VE**

### TUESDAY

**Veg Hot Meal NEW** **Cheesy broccoli pasta V/G/D**

*Broccoli, lemon juice, olive oil, onion, garlic, flour, low fat milk, parmesan, whole-wheat penne*

**Non-Veg Hot Meal NEW** **Beef loaded nachos L/D**

*Lean minced beef, tomato, kidney bean, mixed bell peppers, carrot, garlic, cumin, coriander, paprika, olive oil, salt, pepper, avocado, lemon, corn crackers, low fat cheddar cheese*

### 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 sauteed carrots & zucchini **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 NEW** **Glazed chicken tenders**

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

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

*Potato, olive oil, salt, pepper*

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

### FRIDAY

**Veg Hot Meal NEW** **French toast (Banana Berry) G/E/D**

*Brioche, egg, low fat milk, date syrup, banana, blueberry*

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

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



# WEEK 2 Served Week:

## 14<sup>th</sup>-18<sup>th</sup> Apr / 12<sup>th</sup>-16<sup>th</sup> May / 9<sup>th</sup> – 13<sup>th</sup> June

\*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

**Penne Pasta** **VE/G** with **Protein rich red sauce** **VE/L/C** OR **Beef bolognese sauce** **L/C**

Whole-wheat pasta, tomato, lentil, carrot, celery, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano  
(Beef Bolognese includes lean beef mince, bay leaf, parsley)

**Gluten free pasta** **VE** pre-ordered at first break

**Jacket potatoes (Gluten free)** **VE**

with a choice of topping **Baked beans** **VE/L** **Cheddar cheese** **V/D** **Sweetcorn** **VE** **Chicken mayo** **E/S/M** **Tuna mayo** **F/E/M/S** **BBQ chicken** **S/M** **Beef bolognese** **L/C**

### MONDAY

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

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

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

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

- Served with broccoli and cauliflower **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** **NEW** **Chicken loaded nachos** **L/D**

Chicken breast, tomato, kidney bean, mixed bell peppers, carrot, lentil, garlic, cumin, coriander, paprika, olive oil, salt, pepper, avocado, lemon, corn crackers, low fat cheddar cheese

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

### WEDNESDAY

**Veg Hot Meal** **Chickpea curry with rice** **VE/L**

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

**Non-Veg Hot Meal** **NEW** **Chicken broccoli penne** **D**

Chicken breast, broccoli, lemon juice, onion, garlic, flour, low fat milk, olive oil, parmesan, salt, pepper, whole-wheat pasta

- Both served with carrots and zucchini **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 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** **Vegetable spring rolls with sweet chili sauce** **VE/G/L**

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

**Non-Veg Hot Meal** **Chicken dumpling with soy lite dip** **G/C/S**

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



# WEEK 3 Served Week:

21<sup>st</sup> -25<sup>th</sup> Apr/ 19<sup>th</sup>–23<sup>rd</sup> May/16<sup>th</sup>–20<sup>th</sup> June

\*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

**Penne Pasta VE/G** with Protein rich red sauce **VE/L/C** OR Beef bolognese sauce **L/C**

Whole-wheat pasta, tomato, lentil, carrot, celery, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano  
(Beef Bolognese includes lean beef mince, bay leaf, parsley)

**Gluten free pasta VE** pre-ordered at first break

**Jacket potatoes (Gluten free) VE**

with a choice of topping **Baked beans VE/L** Cheddar cheese **V/D** Sweetcorn **VE** Chicken mayo **E/S/M** Tuna mayo **F/E/M/S** BBQ chicken **S/M** Beef bolognese **L/C**

### MONDAY

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

Butternut squash, 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** 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**

### TUESDAY

**Veg Hot Meal** **NEW** Mix bean loaded nachos **V/D/L**

Mixed beans, sweetcorn, tomato, mixed bell peppers, carrot, onion, garlic, cumin, coriander, paprika, olive oil, salt, pepper, avocado, lemon, corn crackers, low fat cheddar 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** **NEW** Vegetable teriyaki rice noodles **L/S/C**

Rice noodles, cabbage, capsicum, green beans, celery, carrot, onion, garlic, teriyaki sauce, egg, olive oil

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

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

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

- Served with 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** **NEW** French toast (Mixed Berries) **G/E/D**

Brioche, egg, low fat milk, maple syrup, mixed berries

**Non-Veg Hot Meal** Sausage, scrambled egg potato rosti, baked beans, grilled tomatoes **E/G/D/M/L**

Fresh chicken sausage, Egg, olive oil, low fat milk, salt, pepper, potato rosti, baked beans, tomato



# WEEK 4 Served Week:

Apr 28<sup>th</sup>-2<sup>nd</sup> May /26<sup>th</sup>-30<sup>th</sup> May /23<sup>rd</sup>-27<sup>th</sup> June

\*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

**Penne Pasta** **VE/G** with **Protein rich red sauce** **VE/L/C** OR **Beef bolognese sauce** **L/C**

*Whole-wheat pasta, tomato, lentil, carrot, celery, garlic, onion, basil, cinnamon, olive oil, salt, pepper, oregano (Beef Bolognese includes lean beef mince, bay leaf, parsley)*

**Gluten free pasta** **VE** pre-ordered at first break

**Jacket potatoes (Gluten free)** **VE**

with a choice of topping **Baked beans** **VE/L** **Cheddar cheese** **V/D** **Sweetcorn** **VE** **Chicken mayo** **E/S/M** **Tuna mayo** **F/E/M/S** **BBQ chicken** **S/M** **Beef bolognese** **L/C**

## MONDAY

**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** **Beef meat balls in Moroccan tomato sauce** **E**

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

- **Both served with rice broccoli** **VE**

## TUESDAY

**Veg Hot Meal** **NEW** **Mexican rice with salsa**

*Rice, onion, garlic, passata, mixed beans, cumin, smoked paprika, coriander, tomato, lemon juice*

**Non-Veg Hot Meal** **NEW** **Chicken loaded nachos** **L/D**

*Chicken breast, tomato, kidney bean, mixed bell peppers, carrot, onion, garlic, cumin, coriander, paprika, olive oil, salt, pepper, avocado, lemon, corn crackers, low fat cheddar cheese*

- **broccoli and carrots** **VE**

## WEDNESDAY

**Veg Hot Meal** **Sweet potato curry**

*Sweet potato, butternut, carrot, tomato, onion masala, lemongrass, lemon, coconut milk*

**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** **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** **NEW** **Egg and tomato sauce rice pot** **V/E/C/L**

*Rice, egg, tomato, onion, garlic, lentil, celery, low fat cheddar cheese, salt, pepper*

**Non-Veg Hot Meal** **NEW** **Turkey, egg tomato sauce rice pot** **E/C/L**

*Rice, deli turkey, egg, tomato, onion, garlic, lentil, celery, low fat cheddar cheese, salt, pepper*