

# Karalee Tuckshop Menu



Karalee State School  
P&C Association

**Operating Hours: Mon-Fri  
8:00am-2:30pm**

Karalee State School Tuckshop is a community run service provided by the P&C Association and Volunteers. We aim to provide fun and fresh menu options to the Karalee community that are predominantly homemade.

★ Big Lunch ★ (1 <sup>st</sup> break only)		★ Hot Box ★	
★ <b>Lasagne</b> (GF) <i>Layers of Pasta, Beef &amp; Loaded Vegetable Bolognese with Béchamel Sauce topped with Cheese.</i> Vegetarian Lasagne Available Gluten & Dairy Free Lasagne Available Add Side Salad + \$2.50	\$7.00	★ <b>Sausage Roll - Lite</b>	\$4.50
★ <b>Soup Of The Day—Homemade</b> (GF) 8oz Cup of Soup & Spoon 8oz Cup of Soup, Buttered Bread & Spoon 8oz Cup of Soup, Cheese Toastie & Spoon	\$4.00 \$4.50 \$5.50	★ <b>Sausage Roll (Gluten Free)</b> 2 Wedges & Salad (Additional wedge +\$1.50)	\$6.00 \$5.00 (Additional Tender +\$2.00)
★ <b>3 Steamed Dim Sims with Special Dipping Sauce</b>	\$4.00	★ <b>Beef Pie - Lite</b>	\$7.00
★ <b>Chicken Wedge Sub</b> (GF) 3x Chicken Wedges on a long Roll with Lettuce & Mayo	\$6.50	★ <b>Beef Pie (Gluten Free)</b>	\$7.50
★ <b>Mamma Mia Pizza</b> (GF, DF) (N/A Fridays) Homemade Freshly Topped Pizza- Ham & Cheese/Ham, Pineapple & Cheese, Pineapple & Cheese, or Cheese	\$5.00	Add Sauce (Tomato, BBQ, Mayo, Sweet Chilli, Aioli)	\$0.50
★ <b>Hot Diggity Dog</b> (GF, DF) 97% Fat Free Skinless Frank on a long roll with Tomato, BBQ or No Sauce (Frankfurt Only \$2.50)		★ <b>Wrap It Up Wraps - Freshly Made</b> ★	
Add Cheese (Dairy Free & Vegan Cheese Available \$1.00)	+\$0.70	All Wraps \$6.00 ★ <b>Charlton Chicky Wrap</b> (GF) 2x Chicken Wedges with Lettuce and Mayo	
Gluten Free (Bun, Roll or Pizza Base)	+\$1.50	★ <b>Ham It Up Wrap</b> (GF) Ham with Lettuce, Tomato, Cucumber, Beetroot, Carrot, Cheese & Mayo	
★ <b>MEAL DEALS</b> ★ Turn any Big Lunch Option into a Meal Deal! Drink: 99% Juice Popper or Water (250ml) + Snack: Popcorn, Apple Wedges or Cheese Cubes		★ <b>Roast It Wrap</b> (GF) Roast Chicken with Lettuce, Tomato, Cucumber, Beetroot, Carrot, Cheese & Mayo	
		★ <b>Silly Caesar Wrap</b> (GF) Roast Chicken with Lettuce, Tomato, Cheese, and Caesar Dressing	
		★ <b>Sensational Salad Wrap</b> (GF, V) Lettuce, Tomato, Cucumber, Beetroot, Carrot, Cheese & Mayo	

★ Super Sangas - Freshly Made ★ +Wholemeal bread available (GF, DF, V)		★ Super-Charged Salad - Freshly Made ★		
★ Vegemite/Strawberry Jam/Honey/Butter	\$2.00	★ <b>Garden Salad</b>	S- \$5.00	L- \$7.00
★ Cheese	\$2.50	★ <b>Ham/Chicken or Egg &amp; Salad</b>	S- \$6.00	L- \$8.00
★ Ham/Egg/Chicken	\$3.50	★ <b>Chicken Caesar Salad</b>	S- \$6.00	L- \$8.00
★ Chicken, Cheese & Mayo /Chicken, Lettuce & Mayo ★ Egg, Lettuce & Mayo/ Ham, Cheese, Tomato ★ Salad	\$4.50	★ <b>Seriously Good Snacks</b> ★ (Available for both breaks & for delivery to classroom for 'Brain Food' @ 9:30am)		
★ Ham & Salad/Chicken & Salad/Chicken Caesar	\$5.50	★ <b>Popcorn</b> (GF, V) (Fresh Popped)	Small Bag \$0.50	Large Bag \$1.50
<b>Sanga Extras:</b>		★ <b>Cheese Cubes</b>		
★ Avocado	\$1.00	★ <b>Boiled Egg</b>		
★ Jam, Honey, Vegemite, Aioli, Mayo, Mustard Sauce, BBQ Sauce, Tomato Sauce	\$0.50	★ <b>Bliss Balls</b> (Choc Peppermint, Choc Salted Caramel)		
★ Onion, Tomato, Beetroot, Lettuce, Cucumber, Carrot, Cheese, Vegan Mayo, Vegan Aioli	\$0.70	★ <b>Crackers and Cheese</b> (GF)		
★ Roll, Ham, Boiled Egg, Vegan Cheese	\$1.00	★ <b>Fruit Wedges</b> (Apple, Orange, or Pear)		
★ Chicken, Falafel	\$1.50	★ <b>Apple Slinky</b>		
★ Gluten Free Bread, Roll or Wrap	\$1.50	★ <b>Fruit Salad</b> (Seasonal Fruits)	Cup- \$4.00	S- \$5.00
★★ <b>TOASTED</b> ★★	\$0.50	★ <b>Cool Custard and Fruit Salad Cup</b> (GF)		\$4.00
		★ <b>Vegorama Cup</b> (Cucumber, Carrot & Cheese Cubes)		
		★ <b>Watermelon Cup</b> (Diced Watermelon Pieces)		

## ★ Drinks ★

★ <b>Spring Water Bottle</b>	250ml	<b>\$1.50</b>
	600ml	<b>\$2.50</b>
★ <b>Sparkling Water</b>	600ml	<b>\$3.00</b>
★ <b>99% Juice Popper</b> (Apple, Apple Blackcurrant, Tropical or Orange)		<b>\$2.00</b>
★ <b>Milk Cup</b> (Full Cream or Lite) (Lactose Free, Soy, Oat, Almond Add 50c)		<b>\$1.50</b>
★ <b>Milo</b> (Cold or Warm) (Full Cream or Lite) (Lactose Free, Soy, Oat, Almond Add 50c)		<b>\$2.00</b>
★ <b>Hot Chocolate Small</b> (Full Cream or Lite) (Lactose Free, Soy, Oat, Almond Add 50c)		<b>\$2.50</b>
★ <b>Milk Popper</b> (Chocolate, Strawberry, Vanilla)		
★ <b>Bluey Flavoured Milk</b> (Chocolate, Strawberry, Banana)		<b>\$3.00</b>
★ <b>300ml Flavoured Milk</b> (Chocolate, Strawberry)		
★ <b>350ml Groove Fruit Flavour Sparkling Water</b>		<b>\$3.50</b>

## ★ Cool Treats ★ (2<sup>nd</sup> break only)

★ <b>Zooper Dooper - Cosmic</b>	<b>\$0.50</b>
★ <b>Zooper Dooper - No Sugar, Sour, Lemonade</b>	<b>\$0.60</b>
★ <b>Homemade Pops - Milk Pop, Juice Pop</b>	<b>\$1.00</b>
★ <b>Snap Stix, TNT, Sour Pop, Zing</b>	<b>\$1.50</b>
★ <b>Lemonade Icy Twist, Calippo</b>	<b>\$2.50</b>
★ <b>Ice Cream Tub</b>	
★ <b>Frozen Yoghurt Tub</b>	<b>\$3.50</b>

## ★ Seriously Sometimes Snacks ★

★ <b>Homemade Muffin</b> (Low sugar) (GF, DF, EF)	<b>\$2.50</b>
★ <b>Homemade 'Cookie of the Day'</b> (GF, DF, EF)	<b>\$1.00</b>
★ <b>Cool Custard Cup</b>	<b>\$2.00</b>
★ <b>Pikelets x2</b> (Plain or with Jam) (GF, DF, EF)	

## ★ Snack Packs ★

★ <b>Eggstraordinary Snack Pack</b> 99% Juice Popper or Water, Boiled Egg, Large Popcorn, Whole Apple (Wedged)	<b>\$6.00</b>
★ <b>Snack Attack</b> 99% Juice Popper or Water, Cheese Cubes, Large Popcorn, Whole Apple (Wedged)	

### LegenLegend:

- ★ = Eat Mostly
- ★ = Eat Sometimes
- (GF) - Gluten Free Option Available
- (DF) - Dairy Free Option Available
- (V) - Vegan Option Available



### Birthday Ice Bucket \$17.50

Zooper Doopers & A Personalized Balloon

### Cupcakes \$2.00

each per child in the Class  
GF & DF & EF Available



## Dietary Requirements

The Tuckshop is SEAFOOD FREE.

Vegan, Dairy Free, Gluten Free, Vegetarian and Egg Free options are available.



Should your child have special dietary requirements please contact Mel on 3294 5331 to discuss options.

### Online Ordering:

Register at:

[www.munchmonitor.com/account/register](http://www.munchmonitor.com/account/register)

School ID: Karalee

Password: munch4306

**How to Order:** Online ordering through Munch Monitor is our preferred method. This is an efficient tool that enables the Tuckshop staff to spend more time preparing our homemade menu.

**Counter Orders:** Orders need to be clearly marked as

shown, on a bag or envelope, sealed with money enclosed. Every effort will be made to contact

students should a change need to be made to the original order due to stock availability or insufficient funds.

**Late Orders/No Lunch:** Online orders close at 9:10am. Late orders will be negotiated depending on the time and food available. Students with no lunch will be direct to the office to contact parents.

Name: Alice Smith

Class: 4B

First Break/Second Break

Items:

Chicken Schnitzel Burger \$6.50

99% Juice Popper \$2.00

**Total Cost:** \$8.50

**Change Required:** \$1.50



Please remember that we can remove any unwanted ingredients from your choices. Please make note of this when ordering.

Term 2 2024

