



Western Cape College Top End Tuckshop –TERM 1 2020

Prices as at January 2020



*Enquires, please
call 07 4090 6377*

HOW TO ORDER

Ordering Options Available:-

Walk in Service (Available for both Primary or Senior Campus's both breaks)

Online - Flexischools system (must be ordered by 8:40am) (www.flexischools.com.au)

**Tuckshop hours are from
8:30am until 2:00pm Monday to Friday**

DAILY SPECIALS - \$6.00 each
**Please see Flexi schools for each days
specific items**

MEAL DEALS

Available to all year levels everyday

Toastie Meal Deal Toasted Sandwich, \$9.00
Pop Top Juice, water or plain milk
popper with a muffin or piece of fruit

Monday Pie day meal deal \$9.00
Pie, Pop Top Juice, water or plain milk
popper with a muffin or piece of fruit

Daily special main meal deal \$10.00
Main meal of the day, drink and fruit or muffin

TOASTED SANDWICHES

Chicken & cheese	\$5.50
Ham & Cheese	\$5.50
Chicken cheese & Avocado	\$6.00
Cheese and Tomato	\$4.00
Cheese	\$4.00

**White, multigrain or Gluten Free
Bread available**

FRESH SANDWICHES

Chicken & Salad or Ham & Salad	\$6.00
Chicken & Cheese or Ham & Cheese	\$5.00
Curried Egg & Lettuce	\$5.00
Vegemite	\$3.00
salad	\$5.00

ALL SANDWICHES CAN BE TOASTED

**White, multigrain or Gluten Free
Bread available**

WRAPS

10 inch wrap filled with your choice \$6.00
of the options below

Caesar Salad, sweet chilli chicken,
vegetarian, Ham and salad or chicken
and salad

SALAD BOWLS

Chicken Caesar salad, Sweet chilli \$6.00
chicken, Fresh green garden salad with
you choice of optional add in's.

HEALTHY VALUE MEAL PACKS

Sandwich, fruit and vegetable sticks and a small
sweet treat a complete lunch all in one. \$10.00



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HEALTHY FRESH OPTIONS

Boiled egg	\$2.00
Vegetable sticks and avocado dip	\$2.00
Piece of fresh fruit	\$1.50
Yoghurt and muesli bowl	\$3.00
Yoghurt and Fresh Fruit bowl	\$3.00
Fresh Fruit Smoothie	\$4.50
Cold Nacho cup	\$4.00

SOMETHING SWEET AND SNACKS

Popcorn (GF)	\$1.00
Small packet of assorted Chips	\$2.00
Fresh Baked Muffin	\$1.00
Crumble and Custard	\$3.00
Fresh baked Cake	\$2.50

DRINKS

Bottled Water	\$2.00
Nippy's Flavored - Iced Coffee (Year 7-12)	\$3.50
Nippy's Flavored - Chocolate	\$3.50
Nippy's Flavored - Strawberry	\$3.50
Plain Milk Popper with a Sippah Straw	\$3.00
Assorted 100% fruit juice poppers	\$2.50
Lipton Iced Tea	\$4.50
Glee Sparkling Juice - Assorted	\$3.00

FROZEN TREATS

Frozen Icy Cup	\$1.00
Quelch Icy Pole	\$0.50
Frozen Bulla Yoghurt	\$3.00
Frozen Slushy (5-12 Only)	From \$2.50

ALLERGY'S AND INTOLERANCES

While we do endeavor to cater to all Dietary requirements, Cross Contamination is possible due to shared Equipment.

When ordering through Flexischools please ensure you select the allergy/ food restriction that applies to your child/children to ensure we are aware when preparing lunch orders. If you have a concern please come see us in the Tuckshop.