

Our Menu follows the Smart Choices Guidelines



Smart Choices, the Healthy Food and Drink Supply Strategy for Queensland Schools, is a Queensland Government initiative aimed at improving the nutritional value of foods and drinks supplied to students in Queensland schools. Implementation of the strategy is **mandatory** in state schools and strongly encouraged in non-state schools. Smart Choices is based on the Australian Guide to Healthy Eating and classifies foods and drinks into three categories according to their nutritional value:



✓ **Green** - Have plenty – Highly nutritious and are low in saturated fat, added sugar and salt.



✓ **Amber** - Select carefully – Contain some nutritional value and have moderate levels of saturated fat, added sugar and salt.



Red - Occasionally - not to be supplied on more than two occasions per term. Reserved for special events such as discos and sports day etc.

Our tick system allows you to easily identify the Green and Amber food choices available at the Lighthouse Tuckshop

The menu also allows for (GF) Gluten Free, (EF) Egg Free and (DF) Dairy Free

For more information on food classifications head to the Dept. Education website <http://education.qld.gov.au/schools/healthy/food-drink-strategy.html>

Volunteers

Get involved!

Our tuckshop relies on help from volunteers to run successfully. Any help you can manage will be appreciated as we work together to prepare healthy and fun meals from scratch for our kids.

There is a range of jobs available and small children are allowed for.

You can have fun, meet other parents & community members & learn new skills.

Sign up for a shift online via our roster on SignUp.com

<http://signup.com/go/2XzJ1u>

or contact Jwan via email gsspc.tuckshop@gmail.com or phone 07 3490 3777 during tuckshop hours 8:45am-2:30pm Wed-Fri

Our fearless leader, Jwan with the 'A' team



Thursdays & Fridays
Wednesdays – Snacks Only

The GSS Lighthouse Tuckshop is fully automated with online ordering. Simply register your account at www.flexischools.com.au, load funds onto your account and **order before 9am** on Tuckshop days.



Available Wednesday*, Thursday and Friday

SNACKS & TREATS*

Hommus & Vege Stix ✓ (GF, DF, EF)	\$2.00
Hommus & Rice Crackers ✓ (GF, DF, EF)	\$2.00
Cheese & Rice Crackers ✓ (GF, EF)	\$2.00
Piece of Fruit ✓ (GF, DF, EF) (Banana or Apple)	\$0.80
Fruit Salad ✓ (GF, DF, EF)	\$2.50
Apple Slinky ✓ (GF, DF, EF)	\$1.00
Crunchy Yoghurt ✓ (EF) (Yoghurt topped with berry coulis and muesli)	\$2.50
Custard Cup ✓ (GF)	\$2.00
Zooper Dooper ✓ (GF, DF, EF)	\$0.50
Frozen Orange Pieces (4) ✓ (GF, DF, EF)	\$0.80
Vegi Chips ✓ (GF, DF, EF)	\$2.50
*Mini Banana Split ✓ (Banana halved & served with frozen yoghurt, berries and muesli) – <i>Over the counter ONLY</i>	\$3.00

DRINKS*

Poppers – assorted flavours ✓	\$1.50
Bottled Water ✓	\$1.50
Milk – Plain Fresh 300ml Carton ✓	\$1.20
Milk – Breaka 250ml Popper ✓ (Strawberry, Chocolate or Vanilla)	\$2.00
Slushy ✓ (Raspberry, Tropical or Half/Half)	\$1.50

*Wednesday – over the counter only

Available Thursday and Friday

HOT MEALS

Cheeseburger ✓ (Homemade Beef Patty served on a fresh bun with cheese & tomato or BBQ sauce.)	\$4.50
Hamburger – Beef or Chicken ✓ (DF), Add Cheese ✓	\$4.50 \$0.50
(Marinated Chicken Strips or Homemade Beef Patty served on a fresh bun with mayonnaise, sliced tomato, lettuce & tomato or BBQ sauce.)	
Spaghetti Bolognese ✓ (EF) (Homemade bolognese sauce served on spaghetti pasta topped with cheese)	\$4.50
Toastie - Cheese ✓ (EF) - Ham & Cheese ✓ (EF) - Ham, Cheese & Tomato ✓ (EF)	\$2.00 \$2.50 \$2.80
(Fresh bread with margarine, toasted with your choice of filling)	
Chicken Pasta ✓ (EF) (Penne pasta tossed with creamy cheese sauce and marinated chicken strips)	\$4.50
Pizza Sub ✓ (EF) Add Pineapple ✓	\$3.50 \$0.50
(Hot dog bun spread with homemade bolognese sauce, topped with ham & cheese)	
Nachos ✓ (GF, EF) Add Lettuce and Tomato ✓	\$5.00 \$0.50
(Corn Chips with homemade Mexican mince, topped with corn, cheese sauce and sour cream)	
Corn on the Cob ✓ (GF, DF, EF)	\$2.20

SALADS

Garden Salad ✓ (GF, EF) (Iceberg lettuce, Tomato, Cucumber, Cheese & Carrot served with a tangy dressing)	\$3.50
- Add Marinated Chicken Strips ✓ (GF, EF)	\$1.50
- Add Egg ✓ (GF)	\$1.00

SANDWICHES

JJ's Chicken, Mayo and Lettuce ✓ (Jwan's special homemade chicken mix with mayonnaise and lettuce on fresh bread)	\$4.00
Ham & Salad ✓ (EF) (Lettuce, Tomato, Carrot, Cheese)	\$4.00
Egg & Lettuce ✓	\$3.50

WRAPS

Ham & Salad ✓ (Ham with Lettuce, Tomato, Carrot & Cheese on a wrap)	\$4.00
Chicken & Salad ✓ (Marinated Chicken strips with Lettuce, Tomato, Carrot & Cheese on a wrap)	\$4.00

