



TUCKSHOP

2026 ☎ 3511 3222

Menu

✉ hrsstuckshop@gmail.com



Open Tuesday, Wednesday & Thursday from 8.30am

Order by 8:15am through [flexischools](#)

Orders after 8:15am / Brown Bag orders incur a \$1 processing fee

^ = Vegetarian, * = Gluten free ingredients

HOT LUNCH 1st break only

HOMEMADE (Seasonal)

Fuel Up Fried Rice ^*	\$4.00
Ham Fried Rice*	\$4.50
Butter Chicken with Rice*	\$5.50
Bolognese	\$5.00
Bolognese with Cheese	\$5.30
Mexican Crunch Bowl- Beef*	\$5.50
Mac n Cheese^	\$5.50

Plain Beef Pie	\$4.00
Sausage Roll	\$4.30
Chicken Dino Snacks (5)	\$4.50
Chicken Tenders (2)	\$4.50
Tomato / BBQ Sauce	40c

TOASTIES All Day

Ham OR Cheese	\$3.80
Tomato & Cheese	\$4.30
Ham & Cheese	\$4.30
Ham, Cheese & Tomato	\$4.80

SANDWICHES All Day

Lightly buttered with preservative free bread	
Vegemite, Honey, Jam	\$2.20
Ham OR Cheese	\$3.30
Tomato & Cheese	\$3.80
Ham & Cheese	\$3.80
Salad	\$4.00
(Lettuce, Tomato, Carrot, Cucumber)	
Add Ham, Cheese	ea 50c
Add Egg	ea \$1.20
Add Mayo	ea 40c

DRINKS All Day

Fresh Milk 300ml^*	\$1.50
Plain Milk Popper^*	\$1.50
Apple Juice Popper^*	\$2.50
Apple Blackcurrant Juice Popper^*	\$2.50
Tropical Juice Popper^*	\$2.50
Breaka Chocolate Milk ^*	\$2.50
Breaka Vanilla Milk^*	\$2.50

WRAPS 2nd Break

All with Lettuce & Grated Carrot	
Tuna & Mayonnaise	\$5.00
Egg & Mayonnaise^	\$5.50
Ham & Mayonnaise	\$5.00
Chicken & Mayonnaise	\$6.00

*The tuckshop kitchen itself is not gluten free, but there are menu items only using ingredients that don't contain gluten



TUCKSHOP



SPECIAL DAY ONLY

1st break only

WEDNESDAYS

• Hamburger	\$4.50
• Cheeseburger	\$5.00
(Homemade beef patties)	
or	
• Chicken Burger	\$5.80

FROZEN TREATS

All Day

Frozen Juice Cup^*#	\$1.00
Frozen Pineapple^*	50c
Zooper Dooper^*	\$1.00
Cotton Candy Home Icecream^*	\$2.00
Choc Milk Bar- Home Icecream^*	\$2.00
Calippo Mini Pine Rasp^*	\$2.00
Lemonade Icy Twist^*	\$2.00
Vanilla Dixie Ice Cream Cup^*	\$2.00
Moosies	
• Chocolate Fudge^*	\$3.00
• Blue Moon^*	\$3.00

Available 1st break only

Call by 9am
to change
an order



SNACKS All Day

Cheese & Rice Crackers^*	\$1.50
Carrot & Cucumber sticks^*	\$1.50
Seasonal Fruit Tub^*	\$3.50
Watermelon Tub^*	\$3.50
Hard Boiled Egg^*	\$1.20
Muffin Blueberry or Chocolate (made on site)^	\$1.50
Atomic Popcorn Lightly Salted^*	\$1.00
Red Rock Sea Salt Chips^*	\$2.00
Raisin Toast (1 cafe slice)^	\$1.90
Cheesy Garlic Bread (homemade)^	\$3.30
Custard Cup^*	\$2.00
Yoghurt Cup- Vanilla^*	\$2.00
-add Blueberries	20c

SNACKS 2nd break only

Brekky Pocket	\$3.70
Quesadilla- Pizza	\$3.10
Quesadilla- Cheese or Spinach^	\$2.90
Hash Brown^*	\$1.70
Go Go Burrito - Beef	\$4.00
- add Cheese	50c

Frozen Treats, Drinks and some Snacks are available
for cash sale over the counter

Menu subject to change, available items listed in Flexischools