



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

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

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

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



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

Menu subject to change, available items listed in Flexischools

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 \$1.50
- (made on site)[^]
- 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