

KSHS TUCKSHOP

menu
Term 2, 2024

KSHS tuckshop is open from 8.00am for breakfast, morning tea and lunch, Monday to Friday. Different, delicious and nutritious food options are offered each day and many of the meals are cooked on the premises. There are also vending machines under B Block stocked with drinks and snacks that can be accessed from 6.00am until 5.30pm each day.

The canteen is self-service, where you collect your drinks and food and proceed to the checkout to pay with either cash or debit/credit card (preferred). Online ordering is not available as it doesn't work with the canteen style of the tuckshop, however, to avoid the queues and be guaranteed the food you prefer, you are welcome to pre-order and pay for your food between 8.30am and 8.50am on any morning at the tuckshop. Second break food can be pre-ordered at first break. Pre-ordered food is available for pickup from a hot-box that sits between the two registers, and can be collected without queuing.



Cold Drinks

Nu-Pure Water 600ml	\$2.00
Nu-Pure Sparkling Water 600ml	\$2.50
Plain Milk 500ml	\$3.00
Breaka Flavoured Milk 500ml	\$5.00
Breaka Flavoured Milk 300ml	\$3.00
Oak Flavoured Milk & Lactose Free 600ml	\$5.00
Oak Thickshake 425ml	\$5.00
Ice Break Flavoured Milk & LF 500ml	\$5.50
Almond Chocolate or Coffee Milk 330ml	\$4.50
Nippy's Chocolate or Coffee Milk 375ml	\$4.50
Juicee Fruit Juice Popper 250ml	\$2.50
Orchy Fruit Juice 375ml	\$3.50
Krazy Lemon 500ml	\$5.00
Liptons Iced Tea 500ml	\$5.00
Chill Iced Tea 250ml	\$2.50
Nutrient Water 575ml	\$4.00
Nippy's Sparkling Mineral Water 600ml	\$5.00
Waterfords Sparkling Juice 475ml	\$3.50
Blastade Isotoner 500ml	\$4.00
Staminade Lemon/Lime 600ml	\$4.50
Schweppes Mineral Water Hint Lime Rasp	\$3.00
Juice Bomb or Glee Sparkling Juice 250ml	\$2.50
Coconut Water	\$4.50
Watermelon Water	\$4.00
Milkshake	\$5.00

All Day Everyday

Flip Yoghurt vt	\$3.50
Up & Go (chocolate vanilla strawb caramel banana) vt	\$2.50
Soy Up & Go vv	\$2.50
Yoghurt Tub vt gf	\$2.50
Tub of Cut Fresh Fruit	\$2.50
Mr T's Brownies vt (gf available)	\$3.00
Mr T's Muesli Slice vt	\$3.00
Homemade Carrot Cake	\$3.00
Banana Bread & Mud Cake	\$4.00
Choc Chip Cookie vt	\$2.50
Iced Finger Bun	\$2.50
Red Rock Potato Chips gf (some vv)	\$1.70
Smiths Potato Chips gf (some vv)	\$1.70
Pirhana Snaps Vegetable Chips gf vt	\$1.70
Grainwaves vv	\$1.70
Seaweed Crisps gf vv	\$1.40
Popcorn gf vv	\$1.00
Beef Jerky gf df	\$5.50
Harvest Pea Snaps	\$1.20
Tiny Teddies or Shapes Crackers	\$1.00
Sunbites	\$1.00
Crispy Fruit	\$2.00

IceCream | IceBlocks

Quelch Juice Stick gf vv	\$1.00
Orchy Juice Cup gf vv	\$1.20
Mini Pineapple/Raspberry Calippo gf vv	\$2.00
Lemonade Icy Twist gf vv	\$2.20
Lifesavers gf vv	\$2.50
Milo Shake Cup	\$4.50
Paddlepop (chocolate rainbow)	\$3.00
Yoghurt Twist (4 flavours)	\$3.00
Vanilla, Choc or Strawb Ice-Cream Cup gf	\$1.50
Swing (choc strawb banana cola rasp)	\$3.50
Frosty Fruit Stack	\$3.50

Dietary Variations

We are happy to accommodate dietary variations if there is something you would like to order regularly. A veggie burger is available if pre-ordered. Please come talk to us if there is something specific we can help you with.

Everyday Breakfast

Bacon, Egg & Cheese Muffin	\$4.00
Mini Croissant with Ham & Cheese	\$2.00
Hash Browns gf vv	\$3.00
Ham & Cheese Toastie	\$3.50
Toasted Buttered Banana Bread vt	\$3.50

Everyday Morning Tea/Lunch

Assorted Fresh Sandwiches	\$5.50
2 Small Baguettes with Meat & Salad	\$5.50
Assorted Salads (vegetarian)	\$6.50
Assorted Salads (meat)	\$8.00
Hot 2 Minute Noodle Cups (beef chicken mi goreng) vv	\$3.50
Vegemite & Cheese Scrolls	\$3.50
Garlic Bread Roll vv	\$3.00
5 Cocktail Vegetable Spring Rolls vv	\$3.00
Apple Crumble with Custard vt	\$4.00
Apple Crumble without Custard vt	\$3.00



ENJOY YOUR MEAL

Daily Morning Tea and Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta of the Day * \$6.50	Fried Rice gf \$4.00	Tandoori Chicken Wrap \$6.50	Mr T's Macaroni Cheese vt \$4.50	Butter Chicken & Rice gf \$6.50
Beef Burrito Wrap \$6.50	Pizza - Garlic & Cheese vt \$4.00	Pizza - Garlic & Cheese vt \$4.00	1/4 BBQ Chicken & Waffle Fries \$7.00	Nachos with Beef & Sour Cream \$5.50
Spicy Waffle Fries \$5.50	Pizza - Ham \$5.00	Pizza - Meat Lovers \$5.00	Wedges & Bacon, Cheese, Sour Cream gf \$5.00	Crispy Chicken Bao Tacos \$6.00
Chicken Burger \$6.50	2 Beef Sliders \$6.50	Hamburger - Cheese Bacon Egg Tomato \$7.50	Chicken Burger \$6.50	Meatball Sub \$5.00
Meatball Sub \$5.00	5 Chicken Goujons df \$3.50	Hot Dog Plain \$4.00	BBQ Pork Riblett Roll \$4.50	5 Chicken Goujons df \$3.50
Potato Gems gf vv or Chkn Nuggts gf \$4.00	Mini Dagwood Dog \$2.50	Potato Gems gf vv or Chickn Nuggts gf \$4.00	Sausage Roll \$4.00	Poke Bowl (Teriyaki or Karaage Chicken) \$8.00
Beef Pie (Plain or Cheese&Bacon) \$5.00	Sausage Roll \$4.00	Beef Pie (Plain or Cheese&Bacon) \$5.00	2 Mini Pies df \$2.50	Beef Pie (Plain or Cheese&Bacon) \$5.00
Cheese & Spinach Roll vt \$5.50	Quiche - Bacon or Spinach Ricotta \$4.00	Cheese & Spinach Roll vt \$5.50	2 Vegetable Spring Rolls vv \$3.50	Cheese & Spinach Roll vt \$5.50
3 Steamed Veg Dim Sims vv \$3.00	2 Mini Pies df \$2.50	3 Steamed Vegetable Dim Sims vv \$3.00	Sushi gf df v v as labelled \$4.00	3 Steamed Vegetable Dim Sims vv \$3.00
3 Steamed Pork Dim Sims df \$4.50	2 Vegetable Spring Rolls vv \$3.50	3 Steamed Pork Dim Sims df \$4.50	Poke Bowl (Teriyaki or Karaage Chicken) \$8.00	3 Steamed Pork Dim Sims df \$4.50

gf = gluten friendly; df = dairy free; vt = vegetarian, vv = vegan, however, while all care is taken - these foods may contain traces of those allergens.

*Pasta of the Day will be either Bolognese, Carbonara, Pesto or Bacon and Tomato.

Just near the registers there are dispensers for help-yourself tomato sauce, bbq sauce, sweet chilli sauce and aioli.