



SANDWICH / WRAPS

Chicken/ham & salad	\$3.80
Egg & Lettuce	\$2.50
Salad sandwich	\$2.50
Vegemite/Jam/Peanut	\$1.80
Toasted Ham & Cheese	\$3.70
Add: Try it toasted	0.20¢
Try it on a wrap	0.50¢



HOME COOKED

Bacon & Veggie slice (GF)	\$2.50
Fried Rice (GF,DF)	\$2.50
Spaghetti Bolognaise	\$3.00
Lasagne	\$4.20



HOT FOOD (Sauce 30¢)

Roast beef and gravy roll	\$3.00
Pizza (BBQ chicken, ham & cheese)	\$4.50
Eddy's Tender Wrap	\$4.20
Chicken Burger	\$3.50
Hot Dog / add cheese	\$2.20 / \$2.70
Jaffle with Savoury MInce	\$2.80
Jaffle with bakebeans or spaghetti	\$2.50
Chicken Nuggets (2)	\$1.10
Hamburger and Salad	\$4.00

EDDY'S MEAL DEAL

EDDY'S NUGGET FEAST

6 Chicken Nuggets
Hello Panda
Bottle of water
\$5.20

Upgrade your drink to a popper for 20c or to a hot chocolate or slushy for 50c

EDDY'S HEALTHY CHOICE

Vegemite/Jam/ Peanut /Cheese Sandwich
- Add ham/ chicken for \$1.00 or egg for 50¢
Bottle of Water
Squeezey Yogurt
\$3.80



FRIDAY ONLY

Pie	\$3.70
Potato Pie	\$3.80
Sausage roll	\$3.20
Sauce	30c extra

EDDY'S SUPER SALAD BOXES

Lettuce, carrot, tomato. beetroot, cheese
\$3.50
Add chicken, chicken tender or ham \$1.00
Add egg 0.50¢
Add dressing and crunchy noodles 0.50¢

SNACKS

Apple Slinky/ Piece of fruit (GF/DF)	0.80¢
Chips (Honey Soy/ Plain/JJ's)	\$1.70
Cheese and crackers	\$2.20
Popcorn (GF/DF)	0.50¢
Squeezey yogurt	\$1.50
Hello Panda/Sumo's	\$1.20
Pikelets	\$1.00
Muffin (GF/DF)	\$2.00
Homemade biscuits	\$1.00
Fruit salad (GF/DF)	\$2.00
Corn on the cob	\$1.50

ICE BLOCKS (GF)

Paddle Pop	\$2.00
Calipo	\$1.30
Lemonade Twist	\$1.50
Zooper Dooper	0.30¢/0.60¢
Sunnyboy	\$1.00
TNT sours	0.50¢/\$1.00¢

DRINKS (GF)

Water	\$1.00	Flavoured milk	\$2.40
Popper	\$1.00	Slushy	\$2.00
Plain milk	\$1.60	Hot chocolate	\$2.00



We at East Ipswich are proud to follow National Guidelines for provision for healthy food and drinks supplied in school tuckshops. Food and drinks have been classified into three groups according to their nutritional value. We are proud to report a high availability of 'green foods' which are highly nutritious and make up the majority of our menu.



- Eddys top tips for staying strong and healthy:**
- ✓ Drink plenty of plain water
 - ✓ Eat a rainbow - enjoy a variety of different vegetables and fruit.
 - ✓ Play and move. Avoid sitting down for too long. Enjoy being outdoors. Limit screen time.
 - ✓ Be sun smart and wear sunscreen and a hat
 - ✓ Be kind. Treat others how you would like to be treated.

KIDS CAFÉ TRADING DAYS
Wednesday, Thursday & Friday

KIDS CAFÉ ORDERING TIMES
Open for orders at 8:30am

Before this time place orders in mail slot at Kids Cafe

Students must have orders in by **9:00am**. Parents and teachers must have orders in by **9:10am**.

Ensure your child's name and class are clearly marked on your order

KIDS CAFÉ OPENING TIMES
First Break ***ONLY*** - 11:00 to 11:45

Please discuss any special dietary needs relevant to your child with tuckshop. Our menu includes gluten free and dairy free items. Please specify if you require the GF/DF version.

GF – Gluten free, DF – Dairy Free

Tuck shop can't run without volunteers. If you can spare time to volunteer please leave your details with Kids Café.

IPSWICH EAST STATE SCHOOL

Winter

MENU

2017