

KSHS

TUCKSHOP

menu

Term 4 2025

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 8.00am 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.

Everyday Breakfast	Everyday Morning Tea/Lunch
Bacon, Egg & Cheese Muffin.....\$4.00	Assorted Fresh Sandwiches\$5.50
Mini Croissant with Ham & Cheese\$2.00	2 Small Baguettes with Meat & Salad.....\$5.50
Hash Browns gf vv\$3.50	Hummus and Vegie Sticks.....\$3.50
Ham & Cheese Toastie\$3.50	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
	One large GF Cocktail Vegetable Spring Roll gf vv\$3.00
	Apple Crumble with Custard vt\$4.00
	Apple Crumble without Custard vt\$3.00
	Mon/Tue/Wed First Break Only
	Strawberry or Mango Sundae small (1 scoop ice/cream)\$3.50
	Strawberry or Mango Sundae large (2 scoops icecream)\$6.50



All Day Everyday	
Flip Yoghurt vt	\$3.50
Up & Go (chocolate vanilla strawb caramel banana) vt	\$3.00
Yoghurt Tub vt gf	\$2.50
Tub of Cut Fresh Fruit	\$2.50
Mr T's Brownies vt (gf available)	\$3.50
Mr T's Muesli Slice vt	\$3.50
Homemade Choc Chip Oat Biscuit	\$2.00
Banana Bread & Mud Cake	\$4.00
Choc Chip Cookie vt	\$2.50
Iced Finger Bun	\$2.50
Red Rock Potato Chips gf (some vv)	\$2.00
Smiths Potato Chips gf (some vv)	\$2.00
Pirhana Snaps Vegetable Chips gf vt	\$2.00
JJ's Chicken Chips	\$2.00
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
Donski Salami Sticks.....	\$2.00
Tin of Tuna.....	\$2.00
Eucalyptus Drops.....	\$1.00
Fruit Gels	\$1.00
Roll-Ups Fruit Sticks.....	\$1.00
Kari Kari Rice & Peanut Cracker Mix.....	\$1.50

Cold Drinks	
Nu-Pure Water 600ml	\$2.00
Nu-Pure Sparkling Water 500ml.....	\$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 Peach Iced Tea 500ml	\$5.00
Chill Aloe Drinks 500ml	\$3.50
Chill Iced Tea 250ml.....	\$2.50
Nutrient Water 575ml	\$4.50
Nippy's Sparkling Mineral Water 600ml	\$5.00
Waterfords Sparkling Juice 475ml	\$3.50
Giddy Citizen Pre, Pro & Postbiotic 330ml.....	\$4.50
Staminade LemonLime Wild Berry 600ml.....	\$4.50
Schwepes Mineral Water Hint Lime Rasp.....	\$3.00
Juice Bomb or Glee Sparkling Juice 250ml.....	\$2.50
Coconut Water or H2 Passionfruit Juice 500ml.....	\$4.50
H2 Watermelon Water 500ml.....	\$4.00
Bare Sparkling Water 355ml - 3 flavours.....	\$3.50
Milkshake - different flavours each day	\$5.00
IceCream IceBlock	
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
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
Twin Pole & Watermelon Frosty Fruits.....	\$2.50

Daily Morning Tea and Lunch				
Monday	Tuesday	Wednesday	Thursday	Friday
Mr T's Macaroni Cheese\$4.50	Fried Rice gf\$4.50	Pasta of the Day	Mr T's Macaroni Cheese vt\$4.50	Butter Chicken & Rice gf
Beef Burrito Wrap	Pizza - Garlic & Cheese vt\$4.00	Tandoori Chicken Wrap	Souvlaki Chicken Wrap	Nachos with Beef & Sour Cream.....
Spicy Waffle Fries	Pizza - Ham	Pizza - Garlic & Cheese vt	Wedges & Bacon, Cheese, Sour Cream gf	Crispy Chicken Bao Tacos.....
Chicken Burger	Honey/Soy Chckn Drumsticks \$6.00	Pizza - Meat Lovers.....	Chicken Burger	Meatball Sub
Meatball Sub	1 Beef Slider	Hot Dog Plain	BBQ Pork Riblett Roll	5 Chicken Goujons df
Potato Gems gf vv or Chkn Nuggts gf	5 Chicken Goujons df	Potato Gems gf vv or Chickn Nuggts gf ...	Sausage Roll.....	Poke Bowl (Teriyaki or Karaage Chickn) ...
Beef Pie (Plain or Cheese&Bacon).....	Mini Dagwood Dog.....	Beef Pie (Plain or Cheese&Bacon)	2 Mini Pies df	Beef Pie (Plain or Cheese&Bacon).....
Cheese & Spinach Roll vt	Sausage Roll	Cheese & Spinach Roll vt	2 Vegetable Spring Rolls vv	Cheese & Spinach Roll vt
3 Air Fried Veg Dim Sims vv	Vegetarian Lasagne vt	3 Air Fried Vegetable Dim Sims vv	Sushi gf df vt vv as labelled	3 Air Fried Vegetable Dim Sims vv
3 Steamed Pork Dim Sims df	2 Mini Pies df	3 Steamed Pork Dim Sims df	Poke Bowl (Teriyaki or Karaage Chicken)	3 Steamed Pork Dim Sims df
Sushi gf df vt vv as labelled	2 Vegetable Spring Rolls vv	Lasagne Topper		
Poke Bowl (Teriyaki or Karaage Chckn) ..				

gf = gluten friendly; df = dairy free; vt = vegetarian, vv = vegan, however, while all care is taken - these foods may contain traces of those allergens. Just near the registers there are dispensers for help-yourself tomato sauce, bbq sauce, sweet chilli sauce and aioli.