



New Tuck Shop Arrangements Starting Week 2

Dear Families,

This year we have made the decision to use a specialist provider for our Tuck Shop. This decision comes from the ever increasing demands placed on running a school tuck shop and the realisation that for the Tuck Shop to continue we would need to operate with paid staff alongside our volunteers. In recent years the coordination of our Tuck Shop and its volunteers has been taken on by two parents, Ester Daly and Fiona Worthington. Both Ester and Fiona have put countless hours into our service and I would like to thank them both sincerely for their time and incredible dedication to our school. Chantha Inthavong will also continue to assist in the coordination of volunteers and I thank her for continued support.

Following some discussion with other principals, we are going to use Rory's School Lunches. This service has operated successfully in many other schools including Cabra and St Therese. The menu is diverse, fresh and healthy. Rory's will be operating out of our existing Tuck Shop and we will still require some volunteers to assist with distributing lunches and selling the ice blocks they supply for lunch time. All lunch order purchases are to be made using the QKR App while lunchtime purchases of ice blocks/drinks/snacks can be made with cash.

The Tuck Shop Days will remain as Monday, Wednesday and Friday.

Please read the attached information from Rory's School Lunches. Included is the full menu which is also available on our school website and the QKR App.

This Friday we will still be selling existing Tuck Shop stock. We have Pies, Sausage Rolls, Pizzas and Mac and Cheese available to sell. Ice blocks and snacks are also available during lunchtime. Please order using the brown lunch bags.

Kind Regards,

A handwritten signature in black ink, appearing to be 'Dan Cowan', written in a cursive style.

Dan Cowan



About Rory's School Lunches

Rory's School Lunches is a local based Catering and Canteen Management Company who provide excellent and extensive "healthy choice" food offerings to numerous schools across South Australia.

Rory's School Lunches believes all students deserve healthy and nutritious food to support their growth and learning. That's why we employ a team of qualified chefs to prepare fresh, delicious and healthy meals.

Made with Fresh Ingredients

Because our food is delivered daily, we don't need to use harmful preservatives to extend its shelf life. We cook the traditional way, taking advantage of fresh herbs and spices to boost the flavour of our food.

Cater for Fussy Eaters

Some students can be fussy about eating healthy foods so we incorporate them into our dishes. For example, our Napolitana sauce is packed full of veggies blended into a delicious sauce so students don't notice them.

Variety

Our menus are updated to keep them exciting for students and to encourage them to try a range of food. There are some popular items students love so we always keep them on the menu.

Ordering lunch can be fun and a learning experience for students, so as well as our healthy meals we offer a few treats for special occasions.

Convenient

Parents, enjoy a day off preparing the school lunches guilt-free because Rory's School Lunches are fresh, healthy and affordable.

Placing Online Canteen Orders

Rory's School Lunches provides an online canteen ordering system for the convenience of schools, parents and students.

- orders can be placed two weeks in advance, any time, until 8.40am on the day the lunch is required.
- students don't need to bring cash to school to pay for their lunch order.
- parents can also discuss food choices with their children, which is particularly helpful for younger students.

How does the online canteen work?

Rory's School Lunches has partnered with QKR! (pronounced 'quicker').

Registering for the online canteen is as easy as 1, 2, 3, 4.

Step 1: Download Qkr!

Apps are available for both [Android](#) and [iPhone](#). iPad users can download the iPhone app.

Step 2: Register

Select your Country of Origin as 'Australia' and follow the steps to register.

Step 3: Find Your School

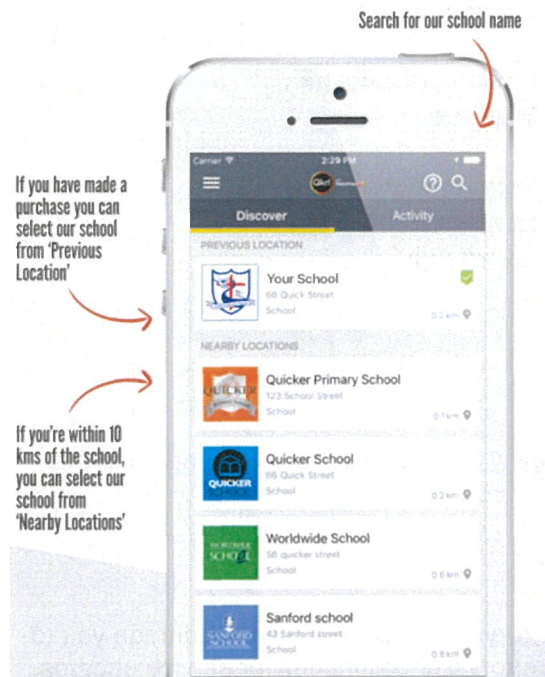
Your school will appear in 'nearby locations' if you are within 10kms of the school. Otherwise, search for your school by name.

Step 4: Register Your Children

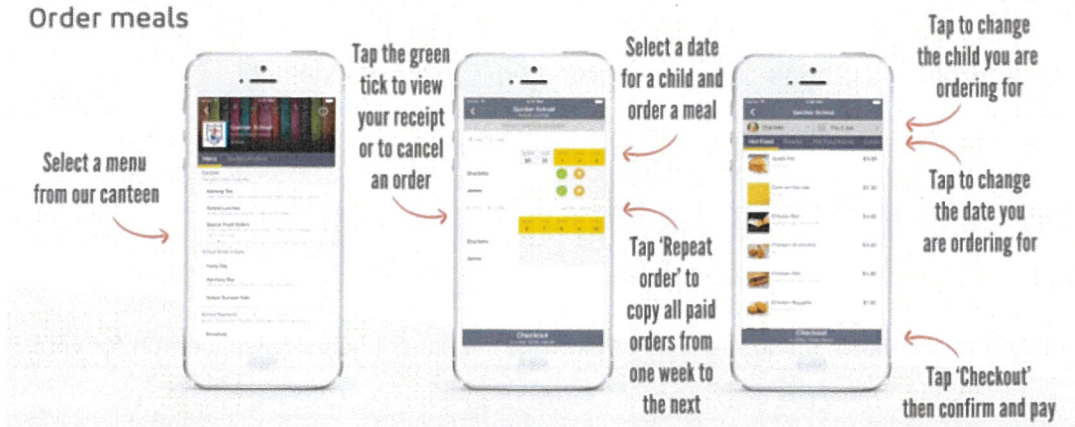
When you first access your school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

Once you have set up your QKR! account, you can:

Order Rory's School Lunches



Order meals



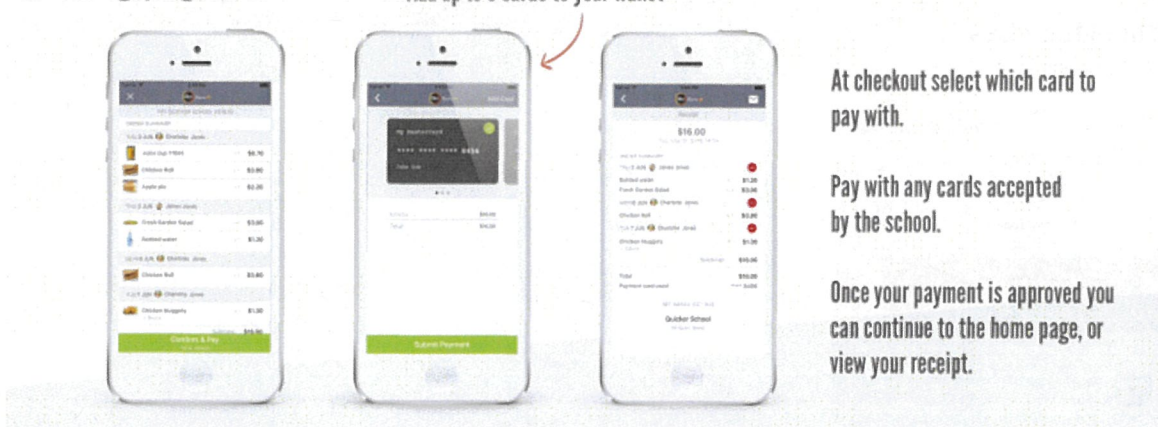
Making payments

Add up to 5 cards to your wallet

Make payments using up to five different credit cards

Making payments

Add up to 5 cards to your wallet



Menu's

2019 Menu's can be found on the Rory's School Lunches Website www.rorys.com.au, the QKR app and the link from the school's website.

Further Information

Further information on Rory's School Lunches can be found at www.rorys.com.au. We also encourage you to join our newsletter as well as our face book page www.facebook.com/rorysschoollunches for service updates. For specialised information please contact Rory directly on 0434 420 563 or rory@rorys.com.au.

Rory's School Lunches is extremely excited to be working with your community, and we look forward to a successful relationship with the school, students and broader community.



SUPER SPECIAL
FOR ACCESS TO SPECIALS, COMBOS & PROMOTIONS, ORDER VIA THE QKR APP

Traditional Salads

			LARGE	SMALL
GREEK	G	V GF	\$6.90	\$5.30
CHICKEN CAESAR	A		\$6.90	\$5.30
TANDOORI CHICKEN	G		\$6.90	\$5.30
CHICKEN PESTO PASTA	A		\$6.90	N/A
FRUIT SALAD	G	VG V DF	\$4.50	N/A

Super Salads

			LARGE	SMALL
DUKKAH CRUSTED PUMPKIN SALAD	G	VG* DF* V GF	\$7.30	\$5.50
CAULIFLOWER WITH SPICY HARISSA DRESSING	G	VG DF V GF	\$7.30	\$5.50
ASIAN CHICKEN	G	DF GF	\$7.30	\$5.50
ASIAN TOFU	G	VG DF V GF	\$7.30	\$5.50
ROASTED BEETROOT AND SWEET POTATO	G	VG DF V GF	\$7.30	\$5.50

VG = Vegan
 V = Vegetarian
 GF = Gluten friendly
 DF = Dairy free

DID YOU KNOW?
 OUR SALADS PROVIDE 3 SERVES OF YOUR DAILY VEGETABLE REQUIREMENT





*GLUTEN FRIENDLY ROLLS WILL AUTOMATICALLY BE SERVED WITH GLUTEN FRIENDLY DRESSINGS

Baguettes, Wraps, Sandwiches

			SAND	BAG	WRAP	GLUTEN FRIENDLY ROLL*
CHICKEN SCHNITZEL	A		\$5.80	\$5.80	\$5.80	N/A
TANDOORI CHICKEN	G		\$5.80	\$5.80	\$5.80	\$7.30
BEEF	G		\$5.80	\$5.80	\$5.80	\$7.30
CREAMY CHICKEN	A		\$5.80	\$5.80	\$5.80	\$7.30
MEDITERRANEAN	A		\$5.80	\$5.80	\$5.80	\$7.30
TURKEY & CRANBERRY	G		\$5.80	\$5.80	\$5.80	N/A
ROASTED VEGETABLE	G	V	\$5.80	\$5.80	\$5.80	\$7.30
VEGAN FALAFEL	G	V VG DF	\$5.80	\$5.80	\$5.80	N/A
TUNA & PARSLEY	G		\$5.80	\$5.80	\$5.80	\$7.30
HAM	A		\$5.80	\$5.80	\$5.80	\$7.30
TOASTED SANDWICH	G	V	\$3.40	N/A	N/A	N/A
TOASTED SANDWICH	G		\$4.00	N/A	N/A	N/A
TOASTED GARLIC SUB	G	V	N/A	\$2.20	N/A	N/A
HOT CHEESE & BACON STUFFED SUB (A)	A		N/A	\$3.70	N/A	N/A

VG=Vegan V=Vegetarian GF=Gluten friendly DF=Diary free



Build Your Own



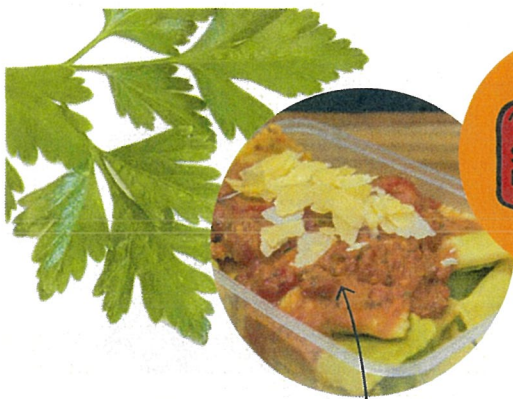
MEAT FILLINGS	Crumbed chicken, seared chicken, Tandoori chicken, ham, bacon, tuna with parsley mix, falafel, egg, turkey breast, house roast beef and salami			
SALADS	Lettuce, tomato, cucumber, roasted capsicum, onion, cheddar cheese, fetta cheese, Swiss cheese, Kalamata olives, house cured pickles			
ROLL DRESSINGS	Mayonnaise (GF available), mint mayonnasie, dijonnaise, tomato sauce, BBQ sauce, house made tomato relish			
SALAD DRESSINGS	Sticky balsamic (GF), creamy balsamic, mayonnaise (GF available), mint mayonnasie, dijonnaise			
		x2	x3	4+
SANDWICH	Fillings = meat & salads	\$4.60	\$5.20	\$6.20
ROLL	Fillings = meat & salads	\$4.60	\$5.20	\$6.20
WRAP	Fillings = meat & salads	\$4.60	\$5.20	\$6.20
SALAD	Your choice of 1 x meat, salad fillings and 1 x salad dressing			\$7.20

Specialties

			1 ROLL	2 ROLLS	3 ROLLS
SUSHI (no variations allowed) *Gluten free without soy sauce sachets	G		\$3.50	\$6.20	\$8.30
	G	GF*	\$3.50	\$6.20	\$8.30
	G	GF*	\$3.50	\$6.20	\$8.30
	G	V GF*	\$3.50	\$6.20	\$8.30
CHICKEN COLD ROLLS	G	DF GF			\$6.20
TOFU COLD ROLLS	G	VGDF V GF			\$6.20
VIETNAMESE MEAT ROLL (BANH MI)	G				\$6.20

Our baguettes, wraps and sandwiches are made fresh when you order them.
 Gluten free rolls available \$1.50
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CHICKEN NOODLES



DID YOU KNOW?
OUR NAPOLITANA SAUCE IS PACKED FULL OF HIDDEN VEGGIES!!

Home Cooked

BUTTER CHICKEN	G	GF	Chicken marinated in yoghurt and spices, combined in a creamy tomato and herb sauce served with basmati rice	\$5.30
YELLOW CHICKEN CURRY	G	DF GF	Fragrant South Eastern chicken curry with basmati rice	\$5.30
BEEF LASAGNE	A		Bolognaise and béchamel sauce baked between fresh pasta sheets	\$5.30
RAVIOLI MILANESE	G		Beef filled pasta topped with a bolognaise sauce with a dash of cream and mozzarella cheese	\$5.30
CHICKPEA CURRY	G	VGDF V GF	Chickpeas and baby spinach leaves combined in a mild Indian sauce served with basmati rice	\$5.30
MUSHROOM CACCIATORE	G	VGDF V	Button mushrooms, capsicums, olives, onion, carrots and fresh Italian herbs braised in a tomato reduction with shell pasta	\$5.30
THAI CHICKEN NOODLES	G	DF	Hokkien noodles in our sweet chili and soy sauce with chicken breast, fresh coriander, spring onions, carrots, capsicum and broccoli	\$5.50

Burgers

BEEF AND CHEESE BURGER	A		Premium beef pattie, cheese and tomato sauce on a sesame bun	\$4.70
CRUMBED CHICKEN BURGER	A		Crumbed chicken breast pattie, lettuce and mayonnaise on a sesame bun	\$4.70
GRILLED CHICKEN BURGER	G		Grilled chicken breast pattie, cheese, lettuce, tomato and mayonnaise on a sesame bun	\$5.20
MEXICAN BURGER WITH SMASHED AVOCADO	G	VGDF V GF	Mexican black bean patty with vegan cheese, lettuce, tomato, smashed avocado and sweet chilli sauce on a gluten free bun	\$6.90

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MEXICAN BURGER

We only use breast chicken and 95% fat free beef mince.

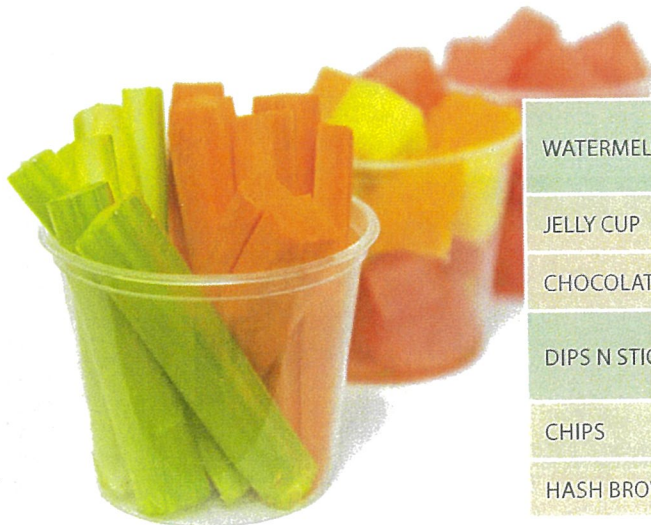


POTATO WEDGES

ALL OF OUR PIZZAS ARE MADE FRESH IN HOUSE AS IS OUR DELICIOUS FRENCH ONION DIP!

Oven baked

POTATO WEDGES	A	V	All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce	\$4.70
NACHOS	A	V	Toasted corn chips served with tomato salsa and grilled cheese	\$5.10
POTATO GEMS	A	VVG	With tomato sauce	\$3.80
4 X CHICKEN BREAST NUGGETS	A		All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce	\$3.80
6 X CHICKEN BREAST NUGGETS	A		All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce	\$5.10
3 X CRUMBED CHICKEN TENDERS	A		All include one choice of sweet chili aioli, tomato sauce, bbq sauce, sweet chili sauce	\$5.20



WATERMELON CUP	G	VG V GF DF
JELLY CUP	A	V DF
CHOCOLATE MOUSSE	A	V
DIPS N STICKS	G	V GF
CHIPS	A	
HASH BROWN OVAL	A	VG VGF

Snacks

Watermelon chunks	\$2.10
	\$2.10
	\$2.10
French onion dip with carrot & celery sticks	\$2.10
Sea Salt, Honey Soy	\$2.10
	\$2.10

Pizza

MARGHERITA	G	V	Pizza sauce and mozzarella cheese	\$4.70
AUSTRALIAN	A		Pizza sauce, diced ham and mozzarella cheese	\$5.30
HAWAIIAN	A		Pizza sauce, diced ham, pineapple and mozzarella cheese	\$5.30
BBQ CHICKEN	A		Pizza sauce, chicken breast, bacon, pineapple, BBQ sauce and mozzarella cheese	\$5.30
VEGAN VEGORAMA	G	V GF VG DF	Pizza sauce, roasted sweet potato, eggplant, zucchini and capsicum, red onion, fresh basil and vegan cheese	\$6.90



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Four N Twenty

A	BEEF TRAVELLER PIE	\$4.50
A	PIE, PASTIE, SAUSAGE ROLL	\$4.50
	SAUCE	\$0.20

HOT DOG WITH SAUCE



WE SELL THE FOUR N TWENTY SCHOOL APPROVED RANGE WHICH ARE REDUCED SODIUM AND FAT.



Hot Dogs

A	PUPPY DOG WITH SAUCE	\$2.90
A	HOT DOG WITH SAUCE	\$4.40
A	HOT DOG WITH CHEESE & SAUCE	\$4.90

Iceblocks

A further range of iceblocks and drinks may be available, please enquire at the canteen.

G	ZING YOGHURT ICE BAR	ASSORTED FLAVOURS	\$1.40
A	ICY POLE	Lemonade	\$1.70
A	FROSTY FRUITS	Natural Tropical	\$2.70
A	LIFE SAVERS		\$2.70
G	NIPPY'S FROZEN FRUIT CUPS	Apple and Blackcurrant	\$1.90
A	MILO SCOOP		\$3.60
A	BILLABONG	Rainbow Chocolate	\$2.10



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Drinks



G	NATURAL SPRING WATER	500ml		\$2.70
A	FOCUS WATER	300ml	Lemonade, Blackcurrant, Raspberry	\$3.40
G	UP AND GO	250ml	Chocolate, Strawberry, Banana	\$3.20
G	100% JUICE POPPERS	250ml	Apple, Apple-Blackcurrant, Orange, Tropical	\$2.80
A	NIPPY'S FLAVOURED MILK	250ml	Chocolate, Strawberry, Honeycomb	\$3.40
G	NIPPY'S 100% JUICE FRUITYLICIOUS	350ml	Orange, Apple Guava, Apple Blackcurrant, Multi Fruit	\$3.70