



ONLINE TOP-UP LUNCH & SNACK SERVICE FOR YEAR 3 STUDENTS

Fed up with making lunch boxes? Struggling for new lunch box ideas? Wish someone could do it for you?

Great news, Tuck Shop Café can eliminate the hassle of planning, shopping and preparing different lunch boxes every school day! We have created a 3 week termly snack & lunch menu which offers varied, healthy balanced meals to boost your children's energy levels throughout the day.

Each day students can choose from the snack selection for first break, and one of eight lunch options. Drinks, fruits, baked goods and baked lays/popcorn will be available to add.

To register and top-up please visit www.tuckshopcatering.com



For more information email:
tuckshop@safacommunityschool.com
Follow us on Instagram [tuckshopcafe](https://www.instagram.com/tuckshopcafe)



FS1-Y3 MENU 1

Served week: Feb 21st-25th/Mar 14th-18th

Meals will be delivered to student classrooms ready for snack and lunch break. All meals are prepared fresh daily onsite and pre-packed in eco-friendly packaging..

*We are nut-free *Vegetables are locally sourced where possible *Sandwiches contain salad and are whole-wheat.

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lentil C-celery F-fish

Students can choose from the snack & lunch options daily - drinks and snacks are available during both breaks. Choose from both snack & lunch on Fridays - all items will be delivered at one time.

Snack Options

Chicken quesadilla G/D/L/C

Pitta pizza V/G/D/L/C

Plain croissant V/G/D/E

Chocolate croissant V/G/D/E

Fresh mixed fruit pot VE

Watermelon pot VE

Whole fruits VE

Vegan chia overnight oats VE/G

Granola pot V/D/G

Carrot & cucumber sticks with humus VE

Popcorn VE

Baked lays/Sunbites V/G/D

Oat cookie V/G/D/E

Banana bread V/G/E/D

Brownie V/G/D/E (Wednesday)

Monday Lunch

1- Beef lasagna G/D/C

2- Macaroni cheese with cauliflower V/G/D

Both served with vegetables VE

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

4- Coronation chicken sandwich G/E/D

5- Egg salad sandwich V/G/E

6- Sweet chili chicken & cheddar toasted panini G/D

7- Cream cheese, cheddar & roast peppers toasted panini V/G/D

8- Chicken Caesar salad G/E/D

Tuesday Lunch

1- Butter chicken with rice D

2- Vegetable curry with paneer V/D

Both served with vegetables VE

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

4- Tuna mayo salad sandwich G/F/E

5- Cream cheese & cucumber sandwich V/G/D

6- Turkey cheese toasted panini G/D

7- Cheese & tomato toasted panini V/G/D

8- Puy lentil & feta salad V/D

Wednesday Lunch

1- Teriyaki chicken with rice G

2- Vegetable & tofu teriyaki stir fry with rice VE/G

Both served with vegetables VE

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

4- BBQ chicken sandwich G

5- Coronation chickpea sandwich V/G/E

6- Chicken tikka toasted panini G/D

7- Cheese & onion toasted panini V/G/D

8- Tuna & egg salad F/E

Thursday Lunch

1- Beef burger with wedges G

2- Margarita pizza with wedges V/G/D/L/C

Both served with vegetables VE

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

4- Tuna salad sandwich G/F/E

5- Roasted vegetable & humus sandwich VE/G

6- Turkey cheese toasted panini G/D

7- Cheese & fresh tomato sauce toasted panini V/G/D/L/C

8- Mixed bean & date salad VE

Friday Lunch

1- Chicken noodles G/F

2- Vegetable noodles V/G/F

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

4- Chicken mayo sandwich G/E

5- Egg salad sandwich G/V/E

6- BBQ chicken toasted panini G/D

7- Cheese & tomato toasted panini V/G/D/L/C

8- Pasta salad with cheese V/G/D/L/C



Y4-13 MENU 2

Served week: Feb 28th- Mar 4th/Mar 21st-25th



Y5-13 meals will be served from designated services points. All meals are prepared fresh daily onsite and pre-packed in eco-friendly packaging.

*We are nut-free *Vegetables are locally sourced where possible *Sandwiches contain salad and are whole-wheat.

V-vegetarian VE-vegan G-gluten D-dairy E-egg L-lentil C-celery F-fish

Students can choose from the snack & lunch options daily - drinks and snacks are available during both breaks. Choose from both snack & lunch on Fridays - all items will be delivered at one time.

Snack Options

Chicken quesadilla G/D/L/C

Pitta pizza V/G/D/L/C

Plain croissant V/G/D/E

Chocolate croissant V/G/D/E

Fresh mixed fruit pot VE

Watermelon pot VE

Whole fruits VE

Vegan chia overnight oats VE/G

Granola pot V/D/G

Carrot & cucumber sticks with humus VE

Popcorn VE

Baked lays/Sunbites V/G/D

Oat cookie V/G/D/E

Banana bread V/G/E/D

Brownie - V/G/D/E (Wednesday)

Monday Lunch

1- Spaghetti bolognaise G/C

2- Vegetable lasagna V/G/D/C

Both served with vegetables VE

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

4- Chicken mayo sandwich G/E

5- Egg salad sandwich V/G/E

6- BBQ chicken & cheddar toasted panini - G/D

7- Cheese & tomato toasted panini - G/V/D

8- Chicken Caesar salad - G/D/E

Tuesday Lunch

1- Chicken katsu curry with rice G/D

2- Cauliflower & potato curry with rice VE

Both served with vegetables VE

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

4- Tuna salad sandwich G/F/E

5- Cheese salad sandwich G/V/D

6- Chicken mayo toasted panini - G/D

7- Cheese toasted panini - G/V/D

8- Mixed bean & date salad - VE

Wednesday Lunch

1- Sweet and sour chicken with rice G

2- Sweet & sour tofu with rice VE/G

Both served with vegetables VE

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

4- BBQ chicken sandwich G

5- Cheese sandwich V/G/D

6- Cheese & turkey toasted panini - G/D

7- Roasted vegetable toasted panini - G/V/D

8- Tuna & egg salad - F/E

Thursday Lunch

1- Chicken hotdog with wedges G

2- Spinach & feta quiche with wedges V/G/D/E

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

4- Chicken tikka sandwich G

5- Roasted vegetable & humus sandwich VE/G

6- BBQ chicken & cheddar toasted panini - G/D

7- Cheese & tomato toasted panini - G/V/D

8- Chicken tikka salad - G

Friday Lunch

1- Beef noodles G/F

2- Vegetable noodles V/G/F

Both served with vegetables VE

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

4- Chicken tikka sandwich G

5- Egg salad sandwich VE/G

6- Sweet chili chicken panini G/D

7- Cheese & onion panini V/G/D

8- Beetroot & feta salad - V/D



Y4-13 MENU 3

Served week: Mar 7th-11th



Y10-13 meals will be served from designated services points. All meals are prepared fresh daily onsite and pre-packed in eco-friendly packaging..

*We are nut-free *Vegetables are locally sourced where possible *Sandwiches/wraps contain salad and are whole-wheat

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Students can choose from the snack & lunch options daily - drinks and snacks are available during both breaks. Choose from both snack & lunch on Fridays - all items will be delivered at one time.

Snack Options

Chicken quesadilla G/D/L/C

Pitta pizza V/G/D/L/C

Plain croissant V/G/D/E

Chocolate croissant V/G/D/E

Fresh mixed fruit pot VE

Watermelon pot VE

Whole fruits VE

Vegan chia overnight oats VE/G

Granola pot V/D/G

Carrot & cucumber sticks with humus VE

Popcorn VE

Baked lays/Sunbites V/G/D

Oat cookie V/G/D/E

Banana bread V/G/E/D

Brownie - V/G/D/E (Wednesday)



Monday Lunch

1- Swiss beef meatballs in gravy with mash potato G/D/E

2- Garlic-parmesan broccoli & carrot mash bowl V/D

Both served with vegetables VE

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

4- Turkey cheese salad sandwich G/D/E

5- Egg salad sandwich V/G/E

6- BBQ chicken toasted panini - G/D

7- Mushroom swiss toasted panini V/D

8- Chicken shawarma & coleslaw salad G/E

Tuesday Lunch

1- Butter chicken with rice D

2- Chickpea & potato curry with rice V/D

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

4- Tuna salad sandwich G/F/E

5- Cheese salad sandwich V/G/D/E

6- Chicken tikka toasted panini G/D

7- Cheese toasted panini G/D

8- Fruity couscous & feta V/G/D

Wednesday Lunch

1- Chili con carne with rice & nachos

2- Mixed fried rice with egg & vegetables V/E

Both served with vegetables VE

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

4- BBQ chicken sandwich G/D

5- Cream cheese & cucumber sandwich V/G/D

6- Turkey cheese toasted panini G/D

7- Cheese toasted panini G/V/D

8- Chicken Caesar salad G/E

Thursday Lunch

1- Chicken tenders with wedges G/E

2- Margarita pizza with baked wedges V/G/D/L/C

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

4- Chicken mayo sandwich G

5- Cheese & Branston pickle sandwich V/G/D

6- Chicken mayo toasted panini G/D

7- Cheese & onion toasted panini V/D

8- Grilled Halloumi salad V/D

Friday Lunch

1- Chicken noodles G/E

2- Vegetable noodles V/G/E

3- Tomato, lentil & vegetable sauce with penne pasta VE/G/L/C

4- Coronation chicken sandwich G/E

5- Sweet chili halloumi sandwich V/G/D

6- BBQ chicken & cheddar panini G/D

7- Cheese & fresh tomato sauce toasted panini V/D

8- Chef salad G/D/E