



## ROCHEDALE STATE HIGH SCHOOL P&C TUCKSHOP/CANTEEN

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<https://rochedaleshs.eq.edu.au/facilities/tuckshop>

### **Tuckshop**

The Tuckshop is run by the P&C. We provide fresh food options with a daily special alternative in accordance with Smart Choices and consultation with the school community. Volunteers are always welcome at the tuckshop even if you can only spare an hour once a month.

### **Menu's**

We run a Winter Menu during Terms 2 & 3 and a Summer Menu during Terms 1 & 4. Sandwiches on the menu are made fresh every morning as standard and are available to purchase from the fridge. It is recommended to pre-order if you would like a salad sandwich or roll, or one that differs from the standard sandwiches on offer. These are then made fresh.

### **Gluten Free/Vegetarian/Special Dietary**

Wraps and Fried Rice are available on Pre-Order. Any special dietary requirements such as these can be met with enough notice. These are always available; however, you will need to pre-order in the morning so that it can be prepared in time.

### **Pre-Orders for Lunch**

Your student can pre-order their morning tea and/or lunch any day before 8:45am. This will help make sure that your student doesn't miss out as we have a dedicated pre-order line.

Pre-Orders are to be order on the QKR! app.

### **Tuckshop opening hours are:**

Monday to Friday from 8.15am – 1.45pm

Students can only be served before school and at break times.

### **Volunteers**

Volunteers are always welcome at the tuckshop even if you can only spare an hour once a month.

### **Contact**

Please direct all Tuckshop enquiries to the Tuckshop Convener. If you have any feedback on the Uniform Shop/Tuckshop service or would like to speak to the P&C please email us on

[pandc@rochedaleshs.eq.edu.au](mailto:pandc@rochedaleshs.eq.edu.au)

# *RSHS Canteen*