



# TUCKSHOP MENU 2017

Open – Wednesday & Friday only

## Sandwiches

Multigrain or White bread available	
G Ham/ Chicken or Tuna	\$3.20
A Ham/Chicken or Tuna with 1 Filling	\$3.50
2 Fillings	\$3.70

\*Filling choices – tomato, cheese, carrot, lettuce, beetroot or cucumber

G Ham/ Chicken or Tuna with Salad	\$5.50
A Cheese	\$3.00
A Honey or Vegemite	\$2.00
<b>Toasted - extra</b>	<b>20c</b>

## Wraps

G Ham/Chicken/Tuna with Salad	\$6.60
G ½ Ham/ Chicken/Tuna with Salad	\$3.30
G Salad Wrap	\$5.60
G ½ Salad Wrap	\$2.80

## Salads

G Garden Salad (let,tom,cuc,beet,carrot)	\$4.50
G Ham/Chicken Salad	\$5.50

## Burgers

A Chicken Burger with Lettuce & Mayo	\$4.00
A Fish Burger with Lettuce & Mayo	\$4.00
A Cheeseburger	\$3.50
A Cheeseburger with salad	\$5.50

## Hot Food

G Fried Rice GF	\$3.50
G Macaroni Cheese	\$3.80
G Spaghetti Bolognese	\$4.00
G Lasagne – Beef	\$4.00
A Pizza Single - Hawaiian or Meat Lovers	\$3.20
A Meat Pie	\$4.00
A Party Pie	\$1.70
A Sausage Roll (school made)	\$3.30
A Chicken Sausage Roll (school made)	\$3.30
A Chicken Nuggets (4) (school made)	\$3.00
A Chicken Chippies (4)	\$2.40
A Fishfingers (4)	\$2.40
A Fantastic Noodle Cup -Beef,Chick,Oriental	\$2.50
A Hot Dog – plain	\$3.00
A Hot Dog with cheese	\$3.60
R Cheerios (6)	\$3.20

NB: **NO SAUCE** will be applied to any food unless specified

Healthy Eating Guide – G = eat plenty  
A = eat occasionally  
R = eat rarely

GF = Gluten Free

## Sushi – avail Friday only

G Teriyaki Chicken	\$3.00
G Tuna – carrot, cucumber	\$3.00

## Fruit

G Apple Slinky (Red or Green)	\$1.20
G Orange Pieces (8)	\$1.20
G Carrot Sticks (8)	\$1.00
A Carrot Sticks (8) & Dip	\$1.70

## Snacks

A Jatz & Cheese (8)	\$2.00
A Yoghurt – Van, Strawberry	\$1.80
A Pikelets (2) with s/berry jam (sch made)	\$1.80
A Popcorn GF	\$1.30
A Choc Chip Cookie (large)	\$1.30
A Vanilla Cake slice	\$1.50
A Chocolate Cake slice	\$1.50
A Lamington (1)	\$2.50
A Banana Cake	\$1.60
A Twisted Frozen Yoghurt 98% fat free GF	\$2.50
• Strawberry/Vanilla Bean	
• Chocolate/Vanilla Bean	
• Mango/Watermelon	

## Drinks

G Bottled Water 600ml	\$2.00
G Up & Go - Chocolate, Vanilla	\$2.50
Strawberry	
GF - Choc	
A Plain Milk 300ml F/C	\$1.50
A Flavoured Milk 300ml F/C	\$2.50
A Pop Top Juice – Apple	\$2.50
Orange Juice	
Apple/Blackcurrant	

## **PLEASE NOTE:**

- All online orders must be placed by 9am sharp
- No over counter sales before school
- Brown paper bags can be purchased from the tuckshop for 10c ea or a take home pack of 15 for \$1.00. We require one bag for hot food & one for cold food
- ALL 2<sup>nd</sup> break orders will be sent to the classes with 1<sup>st</sup> break food/drink. Can be placed in classroom fridges
- In the event of forgotten lunches/orders on tuckshop days, students will be supplied with a vegemite sandwich & an apple at a cost of \$3