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Ashgrove Tuckshop

Open from 8.15am Monday – Friday.
 CLOSED WEDNESDAYS

Smart Choices Ratings




Healthy Choice 

Select Carefully 










Sandwiches/Wraps

	Sandwich	Wrap
 Vegemite/Honey/jam	\$1.50	\$2.00
 Cheese	\$2.20	\$2.70
 Cheese & Tomato	\$2.50	\$3.00
 Ham & Cheese	\$3.00	\$3.50
 Ham, Cheese & tomato	\$3.20	\$3.70
 Ham & Salad	\$4.00	\$4.50
 Chicken, Lettuce & Mayo	\$3.00	\$3.50
 Chicken & Salad	\$4.00	\$4.50
 Egg, Lettuce & Mayo	\$3.00	\$3.50
 Salad	\$2.50	\$3.00
 Toasted	\$0.50	\$0.50




Salad Cups & Bowls

	Small	Large
 Garden Salad	\$3.00	\$4.00
 Add Chicken, Ham or Egg	+\$1.50	+\$1.50
 Add Cheese	+\$0.50	+\$0.50

Hot Food




 Fried Rice HOMEMADE	\$3.60
 Napoletano Pasta & Parmesan HOMEMADE	\$3.00
 Pizza with Ham & Cheese HOMEMADE	\$3.00
 Pizza Vegetarian HOMEMADE	\$3.00
 Pizza Gluten Free HOMEMADE	\$3.00
 Sausage Roll	\$2.80
 Large Meat Pie	\$3.20
 Mini Pie	\$2.00
 Tomato Sauce	\$0.30

Daily Specials – Made in the Tuckshop


	 Monday	 Tuesday	 Thursday
1 st Break	Crumbed Fish with Sweet Potato Wedges & Salad \$4.00	Butter Chicken with Rice & a drink (GF) \$4.00	Homemade Pizza & a drink (GF option available) \$4.00
2 nd Break	Scone with Jam & Cream, Fresh fruit trio \$3.50	Sushi by Tsuru (GF) (Teriyaki Chicken, Tuna or Avocado) \$3.50	Snack Box with Hummus dip, Corn Chips and Veggie Sticks \$3.50

Friday Meal Deals change weekly.
 See the Newsletter or Blackboard for details.



Snack Packs

 Tasty Cheese & Crackers	\$1.60
 4C's Pack - Crackers, Cheese, Carrot & Celery	\$2.20
 Dip Pack - Hummus, Crackers & Veggie Sticks	\$2.50









Snacks

 Popcorn	\$0.60
 Fruit Trio	\$1.80
 Apple Slinky	\$1.00
 Boiled Egg	\$1.00
 Yoghurt (Berry or Passionfruit)	\$1.80
 Raison Toast (1 slice)	\$1.00
 Fruit Muffin Home Made!	\$1.50
 Cheese Halfie	\$1.60
 Vegemite or Pizza Scroll	\$2.00
 Gingerbread Man	\$2.00
 Snack Iced Fingerbun	\$1.50

Frozen Snacks

 Island Way Sorbet – orange/mango, lemon, pomegranate/lemon.	\$2.60
 Frozen Yoghurt – Strawberry/Vanilla, choc/vanilla, Watermelon/Mango	\$2.00

Drinks

 Water small	\$0.50
 Water Large	\$1.00
 Milk:- Plain	\$1.50
 Flavoured 250ml	\$1.80
 Popper 150ml	\$1.20
 Popper 250ml	\$1.50
 Nudie Juice 250ml	\$1.80
 Krazy Lemon	\$1.80