

2018 TUCKSHOP MENU

Sandwiches

Vegemite/Honey/Jam	\$1.50	😊
Cheese	\$2.50	😊
Ham & Cheese	\$3.50	😊
Chicken, Lettuce & Mayo	\$3.50	😊
Egg, Lettuce & mayo	\$3.50	😊

Wraps

Salad (lettuce, carrot, tomato, cucumber)	\$3.00	😊
Add Chicken, Ham,	+\$1.50	
Add Grated Cheese, egg	+\$1.00	

Toasties

Cheese	\$3.00	😊
Cheese & Tomato	\$3.50	😊
Ham & Cheese	\$4.00	😊
Ham, Cheese & Tomato	\$4.50	😊

Salads

Side Salad (Garden Salad with dressing)	\$2.50	😊
Salad Bowl (Garden Salad with dressing)	\$4.00	😊
Protein Power Salad -	\$5.50	😊
Your choice of ham, chicken, or egg with lettuce, tomato, cucumber, carrot, cheese and beetroot.		

Hot Food

Available Everyday:-

Fried Rice - with ham	\$3.50	😊
or vegetarian		😊
Chicken Sausage Roll	\$2.80	😊
Large Pie	\$3.50	😊
Mini Pie	\$2.00	😊
Tomato Sauce Sachet	\$0.30	
Beefys Gluten Free - Pies large	\$6.50	😊
Pie snack size	\$2.65	😊
Beefys Gluten Free - Sausage Roll	\$4.80	😊
Gluten Free Lasagne	\$5.00	😊

Drinks

Water small	\$0.50	😊
Water Large	\$1.00	😊
Milk Plain 150ml	\$1.00	😊
Fresh Flavoured Milk (Strawb or choc)	\$1.80	😊
Longlife Vanilla Flavoured Milk	\$1.80	😊
Popper 150ml	\$1.20	😊
Popper 250ml	\$1.50	😊
Nudie Juice 250ml	\$1.80	😊
Krazy Lemon	\$1.80	😊

Snacks

Tasty Cheese & Crackers	\$1.70	😊
Vegie Sticks with Hummus & corn chips	\$2.50	😊
Popcorn	\$0.60	😊
Fruit Salad	\$2.00	😊
Apple Slinky	\$1.00	😊
Boiled Egg	\$1.00	😊
Yoghurt - vanilla, strawberry or passionfruit	\$2.00	😊
Banana Bread - Homemade	\$2.00	😊
Raison toast	\$1.00	😊
Fruit Muffin - Homemade	\$1.50	😊
Cheese Halfie	\$1.50	😊
Vegemite Scroll - Homemade	\$2.00	😊
Pizza Scroll - Homemade	\$2.00	😊
Gingerbread Man	\$2.00	😊
Iced Fingerbun	\$2.00	😊
Frozen Yoghurt	\$2.00	😊

Snack Boxes

	\$4.50	😊
Berry Good - Yoghurt, granola, berries, Pikelets		
Delight - Custard, Fruit, Muffin		
Bliss - Veggie Sticks, cheesy scroll, bliss ball		
Energy - Cheese & crackers, egg, fruit, energy bar slice		
Gluten Free - egg, cheese & crackers, fruit, GF Muffin		



Healthy Choice



Select Carefully

See over for Specials.....

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Daily Specials

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursdays</u>	<u>Fridays</u>
<p>1st Break Crumbed Fish with Sweet Potato Wedges & Salad \$4.50 Pasta with Napolitano Sauce With or without cheese GF option available \$3.00</p> <p>2nd Break Mini Pikelets with Maple Syrup and a Fruity Dream Sorbet \$3.50</p>	<p>1st Break Gyoza's with Fried Rice Vegetarian option available \$4.00</p> <p>2nd Break Sushi by Tsuru Teriyaki Chicken, Avocado or Tuna \$3.50</p>	<p>1st Break Hamburger with Billy's Beef Pattie, salad and sauce \$4.50 Works Burger with Billy's Beef Pattie, salad, beetroot, cheese, caramelised onions and sauce. \$6.00.</p> <p>2nd Break Banana Bread and a Fruit Trio \$4.50</p>	<p>1st Break Pizza & a drink - Ham & Cheese - Margherita (vegetarian) - Gluten Free \$4.00</p> <p>2nd Break Sushi by Tsuru Teriyaki Chicken, Avocado or Tuna \$3.50</p>	<p>Menu changes weekly. See Newsletter or Flexischools</p>

Celebrating a Birthday?

Class Packs of Quelch Iceblocks are available. Suitable for most dietary restrictions.

Only \$10.00

