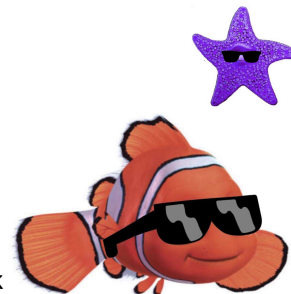




# TUCKSHOP

MONDAY & TUESDAY 1<sup>st</sup> Break ONLY / WEDNESDAY - FRIDAY 1<sup>st</sup> and 2<sup>nd</sup> Break



## Term 3 Menu

### TOASTIES

Choose White or Multigrain

Cheese	\$3.00
Cheese & Tomato	\$3.00
Ham & Cheese	\$3.00
Ham, Cheese & Tomato	\$3.50
Chicken	\$3.00
Chicken & Cheese	\$3.50
Savoury Mince Jaffle	\$3.00

### WRAP IT UP

Ham & Salad	\$5.00
Chicken & Salad	\$5.00
Chicken Strip & Salad	\$5.00

(Lettuce, Tomato, Cheese with Mayo / Sweet Chilli)

### THIRST QUENCHERS

Spring Water	600ml	\$1.50
Plain Milk	200ml	\$1.20
Flavoured Milk	300ml	\$2.50
Chocolate / Strawberry		
Milk Popper	250ml	\$2.00
Chocolate / Strawberry		
Just Juice Popper		\$1.50
Apple / Orange		
Quench (Red / Blue)		\$2.50

### WEDNESDAY SPECIAL

'Green Eggs & Ham' \$6.00 each

Quiche & Salad (Homemade, GF)
Zucchini Slice (Homemade, GF) & Salad

Salad: Lettuce, Tomato, Carrot, Cucumber, Beetroot & Dressing (French or Balsamic)

### THURSDAY SPECIAL 'Burger Day'

Hamburger (Homemade)	\$6.00
Fish Burger (Battered)	\$6.00
Chicken Burger (Breast Fillet)	\$6.00

Add Salad: Lettuce, Tomato, Carrot, Onion, Beetroot, Cheese  
Add Sauce: Tomato, BBQ, Mayo, Sweet Chilli

Crumbed Chicken Burger (Lettuce, Mayo) \$4.50  
Add Sauce: Tomato, BBQ, Mayo, Sweet Chilli

### SANDWICHES

Choose White or Multigrain

Vegemite	\$2.50
Vegemite & Cheese	\$3.00
Cheese	\$3.00
Ham	\$3.00
Ham & Cheese	\$3.50
Egg	\$3.50
Egg & Lettuce	\$3.50
Chicken	\$3.50
Salad	\$4.00
Chicken & Salad	\$5.00
Ham & Salad	\$5.00

Salad: Lettuce, Tomato, Carrot, Cucumber  
Beetroot

### ICY TREATS

Frozen Yoghurt	\$2.00
Mango / Strawberry	
Calippo Mini (Raspberry)	\$0.90
Paddle Pop	\$1.10
Lemonade Icy Twist	
Icy Bites (99% juice)	\$0.50
Zings	\$1.00
Paddle Pop	\$1.60
Rainbow / Chocolate	

### POWER 'SALAD' BOWLS

Small \$4.00 Large \$5.00

Base Salad	
(Lettuce, Tomato, Carrot, Cucumber, Beetroot & Dressing (French or Balsamic))	
Add In	\$1.00 each bowl
Chicken / Ham / Egg	

### DAILY HOT FOOD

Chicken Fingers	\$0.70 each
(Order min 2 and max 6)	
Chicken Nuggets GF	\$0.70 each
(Order min 2 and max 6)	
Hot Dog with Sauce	\$3.50
(Tomato, BBQ, Mustard, Sweet Chilli)	
Hot Dog with Cheese & Sauce	\$4.00
Chinese Dumplings (Steamed 3pk)	\$6.00
Classic Meat Pie	\$4.20
Party Pie	\$1.50
Sausage Roll	\$2.80
Cottage Pie (Potato Topped)	\$4.20
Lasagne (Homemade)	\$4.50
Spaghetti Bolognese (Homemade)	\$4.50
Soft Taco Boats	\$3.00
Mince, Lettuce, Tomato, Cheese, Salsa, Sour Cream	
McCains Pizza	\$3.00
Ham & Pineapple Single Slice	
Garlic Bread	\$1.50
Tomato / BBQ Sauce	\$0.30

### SNACKS

Nibble Pack	\$2.50
Carrot, Cucumber, Hummus Dip & Lavosh Cracker	
Pikelets (Homemade)	\$0.80 each
Pain or Butter / Jam	
Muffins (Homemade)	\$1.00
Choc Chip / Blueberry / Apple	
Jatz Crackers & Cheese	\$1.00
Corn Cob	\$1.00
Boiled Egg	\$0.70 each
Jumpies Chicken / Salt & Vinegar	\$1.00
Red Rock Deli Chips	\$1.50
Sea salt / Honey Soy	
Popcorn	\$1.00
Slinky Apple Red / Green	\$1.00
Wacky Watermelon (Seasonal)	\$1.00
Jelly Cups Red / Green	\$1.00
Yoghurt Crunch Cups	\$2.00
Yoghurt, Muesli, Strawberry	

Save Time &  
Order Online at  
**FLEXISCHOOLS**

### EVERYDAY LUNCH SPECIAL \$6.00 each

- Hotdog, Muffin/Fruit, Popper/Water
- Chicken Fingers (6), Muffin/Fruit, Popper/Water
- Pie / Cottage Pie, Muffin/Fruit, Popper/Water

\*Menu and  
Prices subject to  
change

