

## SANDWICHES

(Multigrain or wholemeal bread used and is buttered)

Vegemite Sandwich	\$2.50
Vegemite & Cheese Sandwich	\$3.00
Ham Sandwich	\$4.50
Ham & Cheese Sandwich	\$5.00
Ham, Cheese & Tomato Sandwich	\$5.50
Ham & Salad Sandwich	\$6.00
Ham, Lettuce, Tomato, Cheese, Carrot	
Chicken Sandwich	\$4.50
Chicken & Cheese Sandwich	\$5.00
Chicken, Cheese & Tomato Sandwich	\$5.50
Chicken & Salad Sandwich	\$6.00
Chicken, Lettuce, Tomato, Cheese, Carrot	
Salad Sandwich	\$5.00
Egg Sandwich	\$3.50
Egg & Lettuce Sandwich	\$4.00
Cheese Sandwich	\$2.50
Cheese & Tomato Sandwich	\$3.50
Sao - Vegemite	\$1.00
Two Buttered Sao stuck together with vegemite	
Sao - Cheese & Tomato	\$1.50
Two Buttered Sao stuck together with Cheese & Tomato	
Meat & Salad Wrap	\$5.50
Choose Ham or Chicken	
Toasted	Add \$0.50
GF bread option	Add \$1.00
Tomato Sauce	Add \$0.50

## SALADS

Chicken Caesar Salad	\$2.50
Chicken, lettuce, bacon bits, cheese, caesar dressing	
Roast Veggie Salad (GF)	\$2.50
Roasted sweet potato, feta, baby spinach, bacon bits, balsamic dressing	
Meat & Salad Packs (GF)	\$6.00
Quiche with Salad (GF)	\$6.00
Salad pack (GF)	\$3.50

## HOT FOOD

Cottage Pie	\$5.00
Packed with hidden vegetables	
Sausage Roll	\$1.00
Homemade, packed with vegetables	
Party Pie	\$2.50
Packed with hidden vegetables	
Jacket Potato (GF)	\$4.00
Sour Cream/Grated Cheese, Coleslaw	
Jaffle - Spaghetti	\$4.00
Jaffle - Baked Beans	\$4.00
Jaffle - Savoury Mince	\$4.00
Fried Rice (GF)	\$3.50

## SNACKS

Carrot, Celery & Cheese Sticks (GF)	\$2.50
Cheese & Jatz Crackers	\$2.50
Boiled Egg	\$1.00
Piece of Fruit	\$0.50
Banana, Apple, Seasonal Fruit	
Popcorn mini cup	\$1.00
Apple Slinky	\$1.00
Frozen Yogurt - Mango or St/berry	\$2.50
Fruit Salad Cup	\$2.50
Seasonal chopped fruit in a mini cup	
Yogurt Berry Crunch cup	\$3.50
Yoghurt topped with berries in a crunchy muesli	
Mini Muffin Banana	\$2.00
Low Gluten	
Yogurt Yoplait	\$2.50
Choice of Strawberry, Banana, Vanilla or Mixed Berry	

## DRINKS

Water 600ml	\$2.00
Coconut Water 250ml	\$2.50
Milk Plain	\$2.00
100% fruit juice popper	\$2.00
Slushie - 250ml	\$2.50
Choc or St/berry Fresh Milk 300ml	\$2.50

## MONDAY STIR-IT-UP

Honey Soy Chicken Stirfry	\$5.00
Stirfry with rice noodles/rice	
Pumpkin Soup GF	\$3.50
Freshly made pumpkin soup with optional croutons	

## TACO TUESDAY

Taco Box	\$5.00
soft taco bowl with Mexican Mince, cheese, sour cream, tortilla chips, lettuce & tomato	

## BURGER WEDNESDAY

Chicken or Beef Burger	\$5.50
Chicken or sml rump steak, Lettuce, tomato, cheese, carrot, onion	

## PASTA THURSDAY

Spaghetti Bolognaise	\$5.00
savoury beef mince with cheese on angel hair pasta	
Sushi Box	\$4.50
chicken, carrot, zuchinni & soy sauce (GF optional)	

## FRIDAY WRAP UP

Chicken or Fish Wrap	\$5.50
crumbed fish or chicken with lettuce, tomato, cheese, carrot, mayo	
T-Rex Box	\$6.50
chicken pieces, corn cob, sweet potato oven baked chips	

## BIRTHDAY BOX

### Food and Small Gift

Ham & Cheese Sandwich, Juice or Milk, Mini Muffin, Popcorn & Seasonal Fruit cup.

# \$10.00

Orders to be at the Tuckshop between 8:30-9am & Junior campus collected from classes by 9am

Please provide a separate bag for each break and each child

Include your childs full name and class on each order

Tuckshop open times

**8:30am-9am**

**Little Lunch - 11:15am-11:25am**

**Big Lunch - 1:20pm-1:45pm**

Over counter sales available at each break. Assorted variety of hot & cold healthy foods (changes daily)



# TUCKSHOP MENU

CATERED BY KELL'S KITCHEN