

TUCK SHOP MENU

DAILY SPECIALS

MONDAY

Standard Menu

TUESDAY

Beef Nachos w/cheese	5.00
Nachos w/cheese and/or salsa	3.50
Cheese Quesadilla	3.50
Chicken Wings (6)	4.50
Sour Cream	1.00

WEDNESDAY

Margarita - cheese and tomato sc	5.00
Ham & Cheese - ham, cheese and tomato sc	5.00
BBQ Meatlovers - ham, pepperoni, bacon & BBQ sc	5.00
GF Ham & Cheese - ham, cheese and tomato sc	6.50

THURSDAY

Hot Dog - plain or choice of sauce (BBQ, tomato or American mustard)	4.50
Hot Dog w/ cheese & choice of sauce (BBQ, tomato or American mustard)	5.00

FRIDAY

Standard Menu

BIRTHDAY

Pre order a birthday platter that will be delivered to you child's classroom (Junior school only). Please mail me your Requirements. Email at bottom of menu.

Mini Muffin (chocolate or blueberry)	1.00 per head
Mini Cupcake (vanilla)	1.00 per head
Cookie	1.00 per head
Zooper Dooper	0.75 per head



Volunteers

Volunteers are a vital part of your tuck shop. Without them we cannot do what we do and the students enjoy seeing someone they know. Most volunteers come in after drop off, have a coffee and help prep for the day but our busiest times are 8.30 - 12.30 so even just a couple of hours would be greatly appreciated. No experience necessary, only your smile. If you are able to volunteer any time please contact me via email or pop in to tuck shop to have a chat.

OPENING TIMES

Monday to Friday
 Breakfast 7.30 to 8.30
 Morning Break 10.50 to 11.30
 Afternoon Break 13.30 to 13.50

Check out the Tuck Shop Blog on the Parent Portal for our weekly specials. Every week we run a weekly special pie, salad, wrap and hot dish of the week.

FRESH & FRUITY

Crunchy Apple (Slinky'd for free)	1.40
Two Fruit	1.80
Watermelon Cup	1.80
Seasonal Fruit Cup (see BLOG)	1.80
Yogurt & Granola Cup GF	2.50

SNACK BAR

Carrot & Celery Fingers & Tzatziki Dip GF	2.50
Cracker Box w/ rice crackers, ham, cheese & Salsa GF	3.50
Puffed Rice Cracker x 2 w/ butter GF	1.40
Puffed Rice Cracker x 2 w/ vegemite GF	1.40
Popcorn Cup GF	0.80
Hard Boiled Egg GF	1.20
Chips (various—GF available)	1.80

SALAD BAR

Garden Salad w/ Italian dressing SML GF	3.50
Garden Salad w/ Italian dressing LRG GF	5.00
Add chicken or ham	1.00
Salad of the week (various) SEE BLOG	6.00

SUSHI

Avocado V & GF	4.50
Teriyaki Chicken GF	4.50
Tuna Mayo GF	4.50
Chicken & Avocado	4.50
Crumbed Prawn	4.50
California Roll	4.50
Wasabi	0.20

DIETARY OPTIONS

GF Meat Pie	6.50
Vegan & GF scroll	4.00
GF Cookie	2.60
GF Banana Bread	3.20
GF Chicken Nuggets (6) w/ tomato sauce	4.50

FROZEN TREATS (2ND BREAK ONLY)

Ice Cream cup GF	1.00
Frozen Fruit (seasonal) SEE BLOG	1.80

SANDWICHES

We do not use butter on our sandwiches and have white, multigrain, whole meal or gluten free bread available. Toasted upon request

Vegemite	3.20
Cheese and/or Vegemite	3.50
Chicken or Ham w/cheese	4.50
Chicken or Ham w/salad & mayo	4.50
Salad w/ mayo	3.50

WRAPS

1/2 Roasted Vegetable & Tzatziki wrap	3.50
1/2 Chicken Salad w/ mayo wrap	4.00
Wrap of the week (various) SEE BLOG	3.50

HOT FOOD

Corn on the cob GF	1.50
Traveller Beef Pie	3.50
Sausage Roll	3.20
Spinach & Ricotta Roll	3.20
Garlic Bread	2.50
Beef or Vegetable Lasagna	5.00
Pie of the Week (various)	3.50
BBQ or Tomato Sauce squeeze	0.30
Weekly Hot Dish Special (see blog)	6.00

DRINKS

Water 600ml	2.00
Up & Go—chocolate, vanilla, strawberry	2.50
Flavored Milk Sml/Lrg - various	2.50/3.80
Popper Juice 250ml - various	2.00
Orchy Juice Bottle 350ml - various	3.00
Waterfords carbonated flavored water — various	3.00
Slush Puppy	2.50

SWEET TREATS

Homemade Vanilla or Chocolate Muffin	1.00
Cookie	1.00
Strawberry Jelly Cup GF	1.80
Yoghurt Frogs (pkt of 2)	0.20
Banana Bread	2.20
Gingerbread Student	2.20

Frozen Yoghurt - Mango, Strawberry or Wildberry	2.50
Frozen Juice Tube (Tropical or Wildberry) GF	1.60
Frozen Popper	2.00