

TUCK SHOP MENU

DAILY SPECIALS

MONDAY

Standard Menu

TUESDAY

Nachos w/cheese	GF	\$4.00
Cheese Quesadilla	Vege	\$3.50
Chicken Wings (4)	GF	\$5.50
Sour Cream	GF	\$1.00

WEDNESDAY

Margarita – cheese and tomato sc		\$6.00
Ham & Cheese – ham. Cheese and tomato sc		\$6.00
Pepperoni – pepperoni, cheese and tomato sc		\$6.00
GF Ham & Cheese – ham. Cheese and tomato sc		\$7.50

THURSDAY

Hot Dog plain or choice of sauce (BBQ, Tomato or American Mustard)		\$6.00
Hot Dog w/ cheese & choice of sauce (BBQ, Tomato or American Mustard)		\$5.50

FRIDAY

Standard Menu

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.

BIRTHDAY

Pre order a birthday platter that will be delivered to you child's classroom (Junior school only). Please mail me your requirements

Mini cupcake (vanilla)	1.00 per head
Cookie	1.00 per head
Zooper Dooper	0.75 per head



Volunteers

Volunteers are an vital part of your tuck shop.

Without them we can not 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 – 11.30 so even just an couple of hours would be greatly appreciated.

No experience necessary only your smile.

If you could volunteer any time please contact me via email or pop into tuck shop to have a chat.

OPENING TIMES

Monday to Friday

Breakfast	7.30 to 8.25
Morning Break	10.50 to 11.30
Afternoon Break	13.30 to 13.50

Convenor: Miss Charlotte Pemberton Tel: 5490 5738

Email: cpemberton@bne.catholic.edu.au

FRESH & FRUITY

Crunchy Apple (Slinkyd for free)	GF	\$1.50
Two Fruit	GF	\$2.00
Watermelon Cup	GF	\$2.20
Seasonal Fruit Cup (see BLOG)	GF	\$2.00
Yogurt & Mixed Berries Cup	GF	\$2.60

SNACK BAR

Cheese & Crackers Nibble Tub		\$2.80
Vege Sticks & Hummus		\$2.80
Puffed Rice Cracker w/butter &/or vegemite	GF	\$1.50
Popcorn Cup	GF	\$1.00
Hard Boiled Egg	GF	\$1.40
Chips (various — GF available)		\$1.80

SALAD BAR

Garden Salad w/ Italian dressing SML	GF	\$4.00
Garden Salad w/ Italian dressing LRG	GF	\$5.00
Add chicken or ham		\$1.00
Salad of the week PLS SEE BLOG		\$6.00

SUSHI

Avocado	Vege, GF	\$5.00
Teriyaki Chicken	GF	\$5.00
Tuna Mayo	GF	\$5.00
Chicken & Avocado		\$5.00
Crumbed Prawn		\$5.00
California Roll		\$5.00
Extra Soy		\$0.50

DIETARY OPTIONS

GF meat pie		\$7.20
Vegetable scroll	(GF, Vegan, V)	\$6.00
Gluten/Dairy/Egg Free Gingerbread Student		\$2.80
GF Banana Bread		\$4.50
GF Toastie (Cheese, Ham & Cheese or Chicken & Cheese)		\$5.00
GF Smartie Cookie		\$3.80
GF Chicken Nuggets (6) w/ tomato sauce		\$5.00

FROZEN TREATS

Ice Cream cup	GF	\$1.20
Frozen Fruit (seasonal) PLS SEE BLOG	GF	\$2.00

SANDWICHES

Please comment if you'd like white, multigrain or wholemeal bread and if you'd like it toasted

Vegemite	Vege	\$3.20
Cheese and/or Vegemite	Vege	\$3.60
Chicken or Ham w/cheese		\$4.80
Chicken or Ham w/salad & mayo		\$5.50
Salad w/ mayo	Vege	\$4.50

WRAPS

1/2 Cheese Salad w/ mayo	Vege	\$4.00
1/2 Chicken Salad w/ mayo		\$4.00
Wrap of the week PLS SEE BLOG		\$4.00

HOT FOOD

Corn on the cob	GF	\$1.50
Traveller Beef Pie		\$4.50
Sausage Roll		\$3.80
Spinach & Ricotta Roll	Vege	\$4.50
Garlic Bread	Vege	\$3.00
Beef Lasagne		\$6.00
Spinach & Ricotta Lasagne	Vege	\$6.00
Pie of the Week PLS SEE BLOG		\$4.50
BBQ or Tomato Sauce squeeze		\$0.40
Weekly Hot Dish Special PLS SEE BLOG		\$6.00

DRINKS

Water 600ml		\$2.00
Up & Go—chocolate, vanilla, strawberry		\$2.80
Flavored Milk Sml/Lrg – various	\$2.80/	\$4.00
Popper Juice 250ml – various		\$2.50
Orchy Juice Bottle 350ml – various		\$3.20
Waterforads (fizzy) — various		\$3.50

SWEET TREATS

Homemade Vanilla or Chocolate Muffin		\$1.20
Cookie		\$1.20
Strawberry Jelly Cup	GF	\$2.00
Yoghurt Frogs (pkt of 2)	GF	\$0.40
Banana Bread		\$2.50
Rice Pudding	GF	\$2.00
Banana Chips (30g)	GF	\$0.50
Gingerbread Student		\$2.50

Frozen Yoghurt – Mango, Strawberry or Wildberry		\$2.80
Frozen Juice Tube (Tropical, Lemon or Wildberry)	GF	\$1.80
Frozen Popper		\$2.50