



St Gerard Majella

TERM 1- 2016 Tuckshop Menu

Fresh made Sandwiches and Wraps White or Wholemeal Bread

^*Vegemite.....	\$2.00
☺*Cheese.....	\$2.00
V☺* Salad only.....	\$3.00
(Lettuce, Tomato, Cucumber and grated Carrot)	
^*Chicken/ Ham/Tuna/Egg.....	\$3.00
☺* Chicken/ Ham/Tuna/Egg with Salad...	\$3.50
Add extra 50c for Bread Wrap	
<u>Added Extras</u>	
☺ Individual Salad Item (eg: lettuce)....	20c
☺ Beetroot.....	30c
☺ Toasted (Wraps can be toasted).....	50c
☺ Cheese	50c

Super Salads

Add extras for 50cents each: Cheese, Egg, Ham, Chicken or Tuna

V☺* Garden Salad.....	\$3.00
Lettuce, Cucumber, Tomato, grated Carrot with French dressing sachet	
V☺* Crunchy Noodle Salad.....	\$3.00
Wombok, Shallots, and Crunchy Noodles with Homemade Sweet Asian dressing	
☺*Dino Nuggets and Salad.....	\$3.50
Tempura coated chicken nuggets and garden salad	

* Made Fresh at Tuckshop by our fantastic volunteers.

☺ Green Food item- Great Choice

^ Amber Food item- Choose carefully. Has some nutrition value but is higher in Fat, Sugar or Salt

♥ Gluten Free, Grain Free, Dairy Free and Refined Sugar Free (AKA Paleo)

V Vegetarian

Hot Food

☺*Homemade Chicken Fried Rice.....	\$3.50
☺*Spaghetti Bolognese.....	\$3.50
♥☺*Zucchini Noodle Bolognese.....	\$4.00
^ Sausage Roll (Healthy Eating).....	\$2.50
^ Giant Sausage Roll	\$3.50
^ Big Pie.....	\$3.50
^Dino Snacks x5.....	\$2.50
^ Small Pie.....	\$1.20
^ Small Garlic Bread.....	\$1.00
^ Sauce Sachet.....	30c
(BBQ and Tomato)	

Ice creams and Ice Blocks

☺*Fruit Juice Frozen Cup	50c
☺*Flavoured Milk Frozen Cup.....	50c
^ Chocolate Milky Bar.....	\$1.00
^ Triple Up.....	\$1.00
^ Icy Pole Lemonade or Raspberry....	\$1.00
^ Raspberry Split.....	\$1.00
^ Life Saver.....	\$1.50
☺Mango To Go	\$2.00
☺Bulla Frozen Fruit and Yoghurt.....	\$2.00
Classroom- Birthday Celebration....\$14.00	
TNT Sour Ice Stick or Zooper Doopers	

Other Stuff

☺*Small Popcorn.....	20c
☺Milo Tub.....	50c
^ Rice Crackers.....	50c
☺*Apple slinky	80c
☺* Watermelon Cup.....	\$1.00
☺Large Popcorn.....	\$1.00
^*Banana or Chocolate Muffin.....	\$1.00
♥☺*Coconut & Maple Syrup Cup Cake..	\$1.00
^* Jelly Cups	\$1.00
☺* Nibbler Pack.....	\$2.00
(Dip, Rice Crackers and Vegetable Sticks)	
*Assorted Baking.....	from 50c-\$2.00

Drinks

☺Plain Milk 200ml.....	\$1.00
☺Moo Milk.....	\$1.50
(Chocolate or Strawberry 200ml)	
^ Fruit Poppers.....	\$1.50
Apple, Apple/ Blackcurrant or Orange	
☺Water 600ml.....	\$1.50
^ Slushie Fruit Juice.....	\$2.00
Glee Sparkling Fruit Juice.....\$2.00	
(Bubble gum, Blackcurrant or Berry Blast)	
☺Up n Go	
(Chocolate or Strawberry)..... \$2.00	
^ Dairy Farmers Flavoured Milk 250ml....	\$2.50
(Chocolate or Strawberry)	

SPECIALS

Wednesday: Dominios Pizza...\$4.00
Hawaiian or Meatlover

Thursday: Sushi...\$3.50
Chicken Teriyaki, Tuna Mayo or Vegetarian

Friday: Hot Dog... \$2.50
Cheesy Dog... \$3.00

Online ordering-
www.flexischools.com.au

See Newsletter
or Flexischools Online orders
for more Specials

☺VOLUNTEERS ARE ALWAYS WELCOME AT TUCKSHOP

The variety of homemade meals and baking on offer depends on the number of Volunteers available to help out.

All Volunteers receive a free lunch and a tea or coffee as a thank you from the P&F for their much appreciated assistance in the Tuckshop.