



## St Gerard Majella

### TERM 2- 2016 Tuckshop Menu

#### Fresh made Sandwiches and Wraps White or Wholemeal Bread

^*Vegemite.....	\$2.00
☺*Cheese.....	\$2.00
☺* Salad only.....	\$3.00
(Lettuce, Tomato, Cucumber and grated Carrot)	
^*Chicken/ Ham/Tuna/Egg.....	\$3.00
☺* Chicken/ Ham/Tuna/Egg with Salad...	\$3.50
<b>Add extra 50c for Bread Wrap</b>	
<b><u>Added Extras</u></b>	
☺ 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

☺* Garden Salad.....	\$3.00
Lettuce, Cucumber, Tomato, grated Carrot with French dressing sachet	
☺* 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)**

✓ **Vegetarian**

#### Hot Food

☺*Ham & Cheese Macaroni .....	\$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
^ 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
☺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
☺*Apple slinky .....	80c
☺* Watermelon Tub.....	\$1.00
☺* Fruit Salad Tub.....	\$1.00
^*Banana Muffin.....	\$1.00
^ Chocolate Chip Muffin.....	\$1.00
♥☺*Coconut & Maple Syrup Cup Cake..	\$1.00
☺* Nibbler Pack.....	\$2.00
(Dip, Rice Crackers and Vegetable Sticks)	

**Online ordering-**  
[www.flexischools.com.au](http://www.flexischools.com.au)

#### Drinks

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

#### SPECIALS

**Wednesday: Domino's Pizza \$4.00**  
**MeatLover's or Hawaiian**

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

**Friday: Fish Burger**  
**With lettuce and Mayo \$3.00**  
**Fish Burger with full Salad \$3.50**  
**Friday 2<sup>nd</sup> break; Choc Bomb \$2.00**

#### 2<sup>nd</sup> Break only Specials

Hashbrowns .....	\$1.00
Mouse Trap .....	50c
Cheesy Bread.....	50c

**☺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.*