



St Gerard Majella

TERM 2- 2017 Tuckshop Menu

Fresh made Sandwiches and Wraps

White or Wholemeal or Gluten Free Bread

^*Vegemite.....	\$2.00
☺*Cheese.....	\$2.00
^Spaghetti or Bake Beans.....	\$3.00
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

Added Extras

☺ Individual Salad Item (eg: lettuce)....	20c
☺ Beetroot.....	30c
☺ Toasted (Wraps can be toasted).....	50c
☺ Cheese	50c

Super Salads

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

V☺* Garden Salad.....\$3.50

Lettuce, Cucumber, Tomato, grated Carrot with French dressing sachet

V☺* Crunchy Noodle Salad.....\$3.50

Wombok, Shallots, and Crunchy Noodles with Homemade Sweet Asian dressing or add your choice of meat for 50cents

☺*Chicken Caesar Salad.....\$4.00

Chicken, Bacon, Egg and shaved Parmesan cheese mixed coz lettuce with Aioli dressing and croutons

Every day Hot Food

☺*Spaghetti Bolognese.....	\$3.50
♥☺*Zucchini Noodle Bolognese.....	\$4.00
☺Lasagna Pasta Blasta.....	\$4.00
☺Crumbed Fish	\$2.50
☺Crumbed Fish and Salad Pack.....	\$4.00
^ Sausage Roll (Healthy Options Range)...	\$2.50
^ Small Pie.....	\$1.50
^ Small Garlic Bread.....	\$1.00
^ Sauce Sachet.....	30c
(BBQ and Tomato)	

Drinks

☺ Water 600ml.....	\$1.50
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JUICE

^ Poppers 250ml.....	\$2.00
Apple, Orange or Tropical	
^ Slushie Fruit Juice.....	\$2.00

MILK...

☺ Plain Milk 200ml.....	\$1.00
☺ Moo Milk.....	\$1.50
(Chocolate or Strawberry 200ml)	
^ Dairy Farmers Flavoured Milk 250ml....	\$2.50
(Chocolate or Strawberry)	

Ice creams and Ice Blocks

☺*Fruit Juice Frozen Cup	50c
^ Koolstix.....	\$1.00
^ Triple Up.....	\$1.00
^ Raspberry Split.....	\$1.00
☺ Juicies- 99.6% fruit Juice.....	\$1.50
☺ Mango To Go	\$2.00
☺ Bulla Frozen Fruit and Yoghurt.....	\$2.00
^ Milo Scoop Shake	\$3.00
Classroom- Birthday Celebration....\$14.00	
TNT Sour Ice Stick or Zooper Doopers	

☺VOLUNTEERS ARE ALWAYS WELCOME AT TUCKSHOP

Other Stuff

^ Milo tub.....	50c
☺ *Apple slinky	80c
☺* Whole Fruit	80c
Banana/Orange/Apple	
☺* Watermelon Tub.....	\$1.00
☺* Fruit Salad Tub.....	\$1.50
^*Banana Muffin.....	\$1.00
^*Apple Muffin.....	\$1.00
^ Chocolate Chip Muffin.....	\$1.00
♥☺*Coconut & Maple Syrup Cup Cake..	\$1.00
☺ Large Popcorn	\$1.00
☺* Nibbler Pack.....	\$2.00
(Dip, Rice Crackers and Vegetable Sticks)	

Daily Specials

Monday

^*Beef Nachos.....\$3.50

Tuesday

☺*Chicken Fried Rice\$3.50

Wednesday

^ Dominos Pizza.....\$4.00

Meat Lover or Hawaiian

Thursday

☺* Sushi.....\$3.50

3x Teriyaki Chicken OR Tuna & Mayo Comes with Soy Sauce sachet

Friday

^ Big Pie (Low salt/ low fat).....\$3.50

^ Giant Sausage Roll.....\$3.50

^ * Fish Burger.....\$3.50

☺*Fish Burger with salad.....\$4.00

2nd Break Friday only

^*Choc Bomb\$2.00

* 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

Online ordering

www.flexischools.com.au