



St Gerard Majella

TERM 4- 2017 Tuckshop Menu

Fresh made Sandwiches and Wraps

White, Wholemeal and Gluten Free 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

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

☺* Garden Salad.....\$3.00

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

☺* Crunchy Noodle Salad..... \$3.50

Wombok, Shallots, and Crunchy Noodles with Homemade Sweet Asian dressing 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

* 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

Every day Hot Food

☺*Spaghetti Bolognaise.....	\$3.50
♥☺*Zucchini Noodle Bolognaise.....	\$4.00
☺Lasagna Pasta Blasta.....	\$4.00
☺Crumbed Fish	\$2.50
☺Crumbed Fish and Salad Pack.....	\$4.50
^ Sausage Roll (Healthy Options Range)...	\$2.50
^ Small Pie.....	\$1.50
^ Small Garlic Bread.....	\$1.00
^ Large Garlic Bread.....	\$2.00
^ Sauce Sachet.....	30c
(BBQ and Tomato)	

Drinks

☺Plain Milk cup.....	\$1.00
☺Moo Milk.....	\$1.50
(Chocolate or Strawberry 200ml)	
^ Poppers.....	\$2.00
Apple, Orange or Tropical	
☺Water 600ml.....	\$1.50
^ Slushie Fruit Juice.....	\$2.00
^ Glee Sparkling Juice.....	\$2.00
Raspberry, Tropical, Blackcurrant or Bubblegum	
^ Dairy Farmers Flavoured Milk 250ml....	\$2.50
(Chocolate or Strawberry)	

Ice creams and Ice Blocks

☺*Fruit Juice Frozen Cup	50c
☺*Flavoured Milk Frozen Cup.....	50c
^ KoolStix.....	\$1.00
^ Raspberry Split.....	\$1.00
^ Double Choc.....	\$1.00
^ Vanilla Choc.....	\$1.00
^ Choc Milky Bar.....	\$1.00
☺Mango To Go	\$2.00
☺Bulla Frozen Fruit and Yoghurt.....	\$2.00
^ Yo My Goodness	\$3.50
Classroom- Birthday Celebration....\$14.00	
Ghost Drop Sour Ice Stick or Zooper Doopers	

Other Stuff

☺*Small Popcorn.....	20c
☺*Apple slinky	80c
☺* Watermelon Tub.....	\$1.00
☺* Fruit Salad Tub.....	\$1.50
^*Banana 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

☺Crispy Chicken Wrap.....\$4.00

Crumbed Chicken strip with fresh lettuce and Mayo on a lightly toasted soft tortilla wrap

Tuesday

☺*Chicken Fried Rice \$3.50 |

☺*Cheese Burger..... \$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 |

☺*FishBurger with salad..... \$4.00 |

2nd Break Friday only

^*Choc Bomb \$2.00 |

Everyday at 2nd Break Only

^Hash Brown..... \$1.00 |

Online ordering-

www.flexischools.com.au

☺VOLUNTEERS ARE ALWAYS WELCOME AT TUCKSHOP