



St Gerard Majella TERM 3-2016

# Tuckshop Menu

## Sandwiches

### White or Wholemeal Bread

- ☺\*Cheese only ^\*Vegemite ^\* Jam...\$2.00
- ☺\* Salad only.....\$3.50  
(Lettuce, Tomato, Cucumber and grated Carrot)
- ^\*Chicken/ Ham/Tuna/Egg.....\$3.50
- ☺\* Egg and Lettuce.....\$3.70
- ☺\* Chicken/ Ham/Tuna/Egg with Salad... \$4.00
- ☺\* Chicken/ Ham/Tuna/Egg with Cheese.\$4.00
- ☺\* Baked Beans or Spaghetti.....\$3.50

**Add extra 50c for Bread Wrap**

### Added Extras

- ^Mayo, Aioli or Sauce (Tomato or BBQ).....20c
- ☺ Individual Salad Item (eg: lettuce)....20c
- ☺ Beetroot.....30c
- ☺Toasted (Wraps can be toasted).....50c
- ☺Cheese .....50c

## Hot Food

- ^Small Sausage Roll.....\$2.50
- ☺\*Crumbed Fish with Salad.....\$4.50
- ☺\*Spaghetti Bolognese.....\$3.50
- ☺\*Zucchini Noodle Bolognese.....\$3.50
- ☺Corn on the Cob.....\$1.00
- ^Sauce Sachet.....30c  
(BBQ and Tomato)

## Salads

### ☺\*Build your own Salad Box

**Small \$3.00 ... Large \$3.50**

We start with Lettuce, Cucumber, Tomato and grated Carrot

**Then you add your choice of extras for 50c each**

Chicken/ Ham/Tuna/Bacon/Egg/ Cheese/Olives /Beetroot.

### ☺\*Ploughman's Pack .....\$5.00

2x Ham slices, cheese, boiled egg, cherry tomatoes, cucumber wheels, carrot & celery sticks with a whole meal buttered roll and a tub of relish.

### Order ONLINE

[www.flexischools.com.au](http://www.flexischools.com.au)

## Daily Specials

### Monday

^Lasagne Pasta Blasta.....\$4.00

### 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.....\$3.00

☺\*Fish Burger with salad.....\$3.50

### **2<sup>nd</sup> Break Friday only**

^\*Choc Bomb .....\$2.00

## Other Stuff

- ☺\*Small Popcorn.....20c
- ☺\*Apple slinky .....80c
- ☺Whole Fruit.....80c
- ☺\* Watermelon Cup..... \$1.00
- ☺Large Popcorn.....\$1.00
- ☺\*UFO (Frozen Pineapple Ring).....50c
- ☺\*Fruit Juice Frozen Cup.....50c
- ☺\*Flavoured Milk Frozen Cup.....50c
- ☺\* Nibbler Pack.....\$2.00  
(Dip, Rice Crackers and Vegetable Sticks)

### **2<sup>nd</sup> Break**

- ^\*Muesli Slice or Anzac Slice.....50c
- ^\*Banana or Apple Muffin.....\$1.00

\* Made at Tuckshop by awesome Volunteers

☺ Green Food item- Great Choice Look for the happy face when placing your order

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

+ Red Food Item- Once a Term only and will be advised in school Newsletter

## Drinks

- ☺Plain Milk 200ml.....\$1.00
- ^Moo Milk.....\$1.50  
(Chocolate or Strawberry 200ml)
- ^Just Juice.....\$2.00  
(Apple, Orange or Apple/Blackcurrant200ml)
- ☺Water 600ml.....\$1.50
- ^ Slushie Fruit Juice.....\$2.00
- ^Glee.....\$2.00
- ^Up n Go(Chocolate)..... \$2.00
- ^ Chocolate Milk (Dairy Farmers250ml)..... \$2.50
- ^Strawberry Milk (Dairy Farmers250ml).....\$2.50