



St Gerard Majella

TERM 4- 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
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, Olives, Egg, Ham, Chicken or Tuna

☺* Garden Salad.....S\$3.00 L \$3.50

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

☺* Crunchy Noodle Salad..... \$3.00

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

☺*Ploughmans Lunch Pack.....\$5.00

Ham, cheese cubes and a boiled egg with cherry tomatoes, cucumber and 1 buttered bread

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

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)	

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
^*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

^ 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 |

2nd Break Friday only

^*Choc Bomb \$2.00 |

Online ordering-

www.flexischools.com.au

☺ **VOLUNTEERS ARE ALWAYS WELCOME AT TUCKSHOP**