



## St Gerard Majella

### TERM 1- 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 |
| ☺* 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.....                                                                                            | \$3.50 |
| Lettuce, Cucumber, Tomato, grated Carrot with French dressing sachet                                            |        |
| ☺* Crunchy Noodle Salad.....                                                                                    | \$3.50 |
| Wombok, Shallots, and Crunchy Noodles with Homemade Sweet Asian dressing or 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                          |        |

#### Every day Hot Food

|                                           |        |
|-------------------------------------------|--------|
| ☺*Spaghetti Bolognaise.....               | \$3.50 |
| ♥☺*Zucchini Noodle Bolognaise.....        | \$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.....                 | \$1.50 |
| ^ Sauce Sachet.....                       | 30c    |
| (BBQ and Tomato)                          |        |

#### Drinks

|                                           |        |
|-------------------------------------------|--------|
| ☺ Water 600ml.....                        | \$1.50 |
| <b>JUICE</b>                              |        |
| ^ Poppers 250ml.....                      | \$2.00 |
| Apple, Orange or Tropical                 |        |
| ^ Slushie Fruit Juice.....                | \$2.00 |
| ^ 80/20 Whole fruit Juice +Hydration..... | \$3.00 |
| (Mean Green Smoothie, Apple, Orange)      |        |
| (Chocolate or Strawberry)                 |        |
| <b>MILK...</b>                            |        |
| ☺ Plain Milk 200ml.....                   | \$1.00 |
| ☺ Moo Milk.....                           | \$1.50 |
| (Chocolate or Strawberry 200ml)           |        |
| ^ Dairy Farmers Flavoured Milk 250ml....  | \$2.50 |

#### 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  |        |

#### Other Stuff

|                                           |        |
|-------------------------------------------|--------|
| ☺*Small Popcorn.....                      | 20c    |
| ^ 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

|                                                                |        |
|----------------------------------------------------------------|--------|
| <b>Monday</b>                                                  |        |
| ^*Beef Nachos.....                                             | \$3.50 |
| <b>Tuesday</b>                                                 |        |
| ☺*Butter Chicken & Rice .....                                  | \$3.50 |
| <b>Wednesday</b>                                               |        |
| ^*Dominos Pizza.....                                           | \$4.00 |
| Meat Lover or Hawaiian                                         |        |
| <b>Thursday</b>                                                |        |
| ☺* Sushi.....                                                  | \$3.50 |
| 3x Teriyaki Chicken OR Tuna & Mayo Comes with Soy Sauce sachet |        |
| <b>Friday</b>                                                  |        |
| ^*Big Pie (Low salt/ low fat).....                             | \$3.50 |
| ^ Giant Sausage Roll.....                                      | \$3.50 |
| ^ * Fish Burger.....                                           | \$3.50 |
| ☺*Fish Burger with salad.....                                  | \$4.00 |
| <b>2<sup>nd</sup> Break Friday only</b>                        |        |
| ^*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) ♡ Vegetarian

☺VOLUNTEERS ARE ALWAYS WELCOME AT  
TUCKSHOP

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