



## St Gerard Majella

### TERM 3- 2018 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 Wraps**

**Add extra 50c for Gluten Free Bread**

#### Added Extras

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

#### Create your own Salad

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

\*Small Salad Box.....\$3.00

\*Large Salad Box.....\$4.00

Salad box contains Lettuce, Cucumber, Tomato, grated Carrot with French dressing sachet .

Add extras from the list above for 50c each

\* 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

#### Every day Hot Food

☺ Spaghetti Bolognese.....	\$3.50
☺♥ Zucchini Bolognese.....	\$3.50
☺ 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

^ 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

#### Snacks

☺*Apple slinky .....	80c
☺* Watermelon Tub.....	\$1.00
^ Jelly Cup.....	\$1.00
^ Chocolate Chip Muffin.....	\$1.00
☺ Large Popcorn .....	\$1.00
Red Rock Chips.....\$1.50	
Honey Soy or Sea Salt	
☺* Nibbler Pack.....	\$2.00
(Dip, Rice Crackers and Vegetable Sticks)	

#### Specials

##### Tuesday

☺\*Cheese Burger.....\$3.50

##### Wednesday

^ Dominos Pizza.....\$4.00

Meat Lover or Hawaiian

##### Friday

^ Cruiser Pie ..... \$4.00 |

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

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

☺\*FishBurger with salad.....\$4.00

##### 2nd Break Friday only

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

#### Online ordering-

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

☺VOLUNTEERS ARE ALWAYS WELCOME AT TUCKSHOP