



St Gerard Majella

TERM 4- 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
Tomato/BBQ sauce or Mayo	30c

Create your own Salad

Starting with the base

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

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

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

Then add your extras for 50cents each:

Cheese, Olives, Couts, Egg, Ham, Chicken or Tuna

* 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 Bolognaise.....	\$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
☺ Zingo (100% Mango).....	\$3.00
☺ Bulla Frozen 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

Depending on Volunteer helper numbers more fresh made and baked goods options are sometimes available over the counter at break time.

To ensure you get your favourite meal it is best to place a bag order from the menu listed, with your name and class written clearly.

Please write out separate bag orders if ordering for both breaks.

Volunteers are always welcome at Tuckshop, even if only have a few minutes after drop off.