



St Gerard Majella

TERM 1-2019 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
- ☺ Cheese50c
- Tomato/BBQ sauce or Mayo30c

Create your own Salad

Starting with the base

- *Small Garden Salad Box.....\$3.00
- *Large Garden Salad Box.....\$4.00
- **Crunchy Noodle Salad.....\$4.00

*Garden Salad - Lettuce, Cucumber, Tomato, grated Carrot with French dressing sachet
 **Crunchy Noodle- Chinese Cabbage, Shallot and Crunchy Noodles with Asian Dressing

Add your extras for 50cents each:

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

Online ordering-

www.flexischools.com.au

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

- Ice-Blocks ^ Zooper Dooper.....50c
- ^ KoolStix.....\$1.00
- Ice Creams and Yoghurts
- ^ Raspberry Split.....\$1.00
- ^ Vanilla, Caramel or Double Choc... \$1.00
- ^ Choc Milky Bar.....\$1.00
- ☺♥Zingo (100% Mango).....\$3.00
- ☺ Bulla Frozen Yoghurt.....\$2.00
- ^ Yo My Goodness Yoghurt.....\$3.50
- Classroom- Birthday Celebration....\$14.00
- Ghost Drop Sour Ice Stick or Zooper Doopers

Snacks

- ☺*Apple slinky80c
- ☺* 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

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

- ☺*FishBurger with salad.....\$4.00

2nd Break Friday only

- ^*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

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 for a few minutes