



St Gerard Majella

TERM 3-2019 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
☺ Cheese	50c
Tomato/BBQ sauce or Mayo	30c

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.....	\$4.00
♥☺ Zucchini Bolognese.....	\$4.00
☺ Ham & Cheese Macaroni.....	\$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 Dairy free

^ ♥ Zooper Dooper.....	50c
♥^ KoolStix or Ghost Drops.....	\$1.00
♥ V ^ Pineapple Coconutters.....	\$1.00
^ Lemonade Icy Pole.....	\$1.50

Ice Creams and Yoghurts

♥^ Raspberry Split.....	\$1.00
^ Vanilla or Double Choc.....	\$1.00
♥^ Choc Milky Bar.....	\$1.00
☺ Bulla Frozen Yoghurt.....	\$2.00
^ Rainbow Billabong.....	\$2.00
♥ Dixie Cups.....	\$2.00

Classroom- Birthday Celebration....\$15.00

Zooper Doopers or Ghost Drop Sour Ice Stick

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	

Specials

Tuesday

☺* Cheese Burger.....\$4.00

Wednesday

^ Dominos Pizza.....\$4.00

Meat Lover or Hawaiian

♥☺ Beef Nachos.....\$3.50

Friday

^ Cruiser Pie \$4.00 |

^ * Fish Burger.....\$4.00

☺* Fish Burger with salad.....\$4.50

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

V Vegetarian

Volunteers are always welcome at Tuckshop, even if only for a few minutes