



Menu – Term 3 - 2021

Prepared Foods

Must be ordered for Lunch

Sandwiches (Everyday)

White, Brown or GF

Toasted - Extra \$ 0.50

Rolls/Wraps Extra \$ 0.50

Salad (*Lettuce, Tomato, Cucumber & Carrot*)

Vegemite/lam/Honey	\$ 2.00
Cheese	\$ 3.00
Egg	\$ 3.50
Ham	\$ 3.50
Chicken	\$ 3.50
Salad	\$ 4.50
Egg & Salad	\$ 5.00
Cheese & Salad	\$ 5.00
Ham & Salad	\$ 5.00
Chicken & Salad	\$ 5.00

Extra Fillings \$ 0.50

Beetroot, Olives, Cheese

Bowls

Salad **GF** \$ 5.50
(*Lettuce, Tomato, Corn, Carrot, Cucumber, Pineapple, Beetroot & ½ Egg*)

Egg & Salad GF	\$ 6.50
Ham & Salad GF	\$ 7.00
Chicken & Salad GF	\$ 7.00
Crumbed Fish & Salad	\$ 7.00

Hot Food (Everyday)

Party Pie	\$ 1.50
Cruiser Pie	\$ 4.50
Sausage Roll	\$ 3.00
Bacon & Egg Muffin	\$ 4.00
Corn Cob (<i>with/without Butter</i>)	\$ 1.00
Chicken Nuggets (3 pk)	\$ 2.00
Cheese Burger	\$ 4.00
Garlic Bread (Small)	\$ 1.00
Garlic Bread (Large)	\$ 2.00
Crumbed Fish	\$ 3.00
SGM Lot Burger	\$ 5.00
Buttered Bread or Roll	\$ 1.00
Tomato Sauce	\$ 0.50
BBQ Sauce	\$ 0.50

Snack Boxes

Must be ordered for Lunch

Pearson

Ham & Cheese Toastie \$ 6.00
(*Your choice of Glee, Water or Popper*)

Strickland

Wedges \$ 4.00
Sour Cream add 50c

Freeman

Kabana, Cheese, Rice Crackers \$ 6.00
Carrot Sticks & Dip (Hommus/Sweet Chili)

Fraser

Crumbed Chicken Tenderloin
Wrap or Long Roll \$ 6.00
(*with Lettuce & Mayo*)
(*Your choice of Glee, Water or Popper*)

Specials

WEDNESDAY

Meat Lovers Pizza (2 Slices) \$ 4.00
Hawaiian Pizza (2 Slices) \$ 4.00

FRIDAY

Fish Burger (Lettuce & Mayo) \$ 4.00
Fish & Salad Burger \$ 5.00

Hot Food (Everyday)

Spaghetti	\$ 5.00
Lasange	\$ 5.00
Butter Chicken & Rice	\$ 5.00
Nonna's Lasange	\$ 5.00
Nonna's Gnocchi	\$ 5.00
Hot Dog (tomato/BBQ Sauce)	\$ 4.00
Add Cheese/Bacon	\$ 0.50

Snack Foods

Apple Slinky – Red/Green	\$ 1.00
Orange – Sliced in 1/4s	\$ 1.00
Pineapple Ring – Frozen	\$ 0.50
Popcorn	\$ 1.00
Salami Stick	\$ 1.50
Boiled Egg	\$ 1.00
Muffin – Chocolate	\$ 1.00
Cookie	\$ 1.00
Hedgehog Slice	\$ 1.00
Chips (Honey Soy or Sea Salt)	\$ 1.50
Nibbler Pack GF	\$ 2.50
<i>(with carrotsticks, rice crackers & Dip)</i>	
Jelly Cup	\$ 1.00
Grain Waves	\$ 1.50

Drinks

Bottled Water	\$ 2.00
Glee (Sparkling Fruit Juice)	\$ 2.50
<i>(Raspberry, Bubblegum, Tropical, Blackcurrent)</i>	
Sparkling Mineral Water	\$ 3.00
<i>(Orange/Mango & Apple/Berry)</i>	
PopTop Fruit Drink	\$ 2.00
<i>(Apple, Apple & Blackcurrent, Tropical, Orange)</i>	

The Milk Bar

Breaka Milk	\$ 3.00
<i>(Chocolate & Strawberry)</i>	
Oak Mini Shake Milk Bottle	\$ 2.50
<i>(Chocolate & Strawberry)</i>	
Breaka Milk Popper	\$ 2.00
<i>(Chocolate & Strawberry)</i>	
Milo Pouch	\$ 2.00
Vaalia (Strawberry & Vanilla)	\$ 2.00

Frozen Treats

Zooper Dooper GF	\$ 0.50
Split/Vanilla Choc	\$ 1.50
Paddlepop (choc/Rainbow)	\$ 1.50
Lemonade Icy Twist GF	\$ 1.50
Calippo (Mini) GF	\$ 1.00
Ice-Cream Cup GF	\$ 1.00
Frozen Yoghurt GF	\$ 2.00



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Important Information:

Online Ordering

Orders can be placed online through Flexischools:

www.flexischools.com.au



Place lunch orders from your iPhone or iPad! Find us in the App Store.

 flexischools

Class Tuckshop 'Basket' Orders

All paper bag orders must be at the tuckshop by 8.50am each day. All Hot Food, Sandwiches & Salads must be preordered for both lunches. Only snacks are able to be purchased over the counter.

(* Please do not staple or sticky tape bags. Only use a dark pen or marker as pencil is too hard to see.)

Birthday Party – Zooper Doopers

\$10 per packet. Can be ordered through flexischools or paperbag order. You can order for your Child's class or for the combined classes in your Child's grade.

Dinner is Sorted Meals

Spaghetti Bolognese, Pasta & 2 x Garlic Bread	\$20.00
Butter Chicken, Rice & Garlic Bread	\$20.00
SGM Burgers (4 x Burgers & 4 x Buns)	\$15.00
Nonna's Lasagne & 2 x Garlic Bread	\$20.00

SGM School Hats are available from the tuckshop. Flexischools or Cash

Volunteers Wanted:

Volunteers are vital for the continuing success of our Tuckshop. Please ring the Tuckshop on 4280 7300 to volunteer your time or email sgm.tuckshop@cns.catholic.edu.au