

# TUCKSHOP MENU - Term 2 & 3

2019



**OPEN: WEDNESDAY, THURSDAY & FRIDAY.**

Phone via the School Office (3712 9888) during tuckshop contact hours: 8:00am to 2.30pm

**TUCKSHOP CO-ORDINATOR:** Bec Ham Email: tuckshop@mpsspnc.com

Don't forget to check out our **online ordering system FLEXISCHOOLS**

When you see this symbol "♥" on the menu it means the item is handmade for you in our tuckshop.

## BRAINFOOD & FRUITBOWL

Available 1st & 2nd break by order only.

### ♥ VALUE SNACK PACKS:

GOBBLE - bacon & zucchini slice, carrot sticks, cherry tomatoes 2.00

GRAZE - pikelet, grapes, jatz & cheese 2.00

NIBBLE - choc muffin, apple, jatz & cheese 2.00

♥ SNACK ATTACK: cheese, jatz, dried apricots, apple, sultanas & pepita seeds. 2.50

♥ TUTTY FRUITY: a goodies box of seasonal fruit 2.50

♥ POWER PUNCH: boiled egg, ham, cheese, cucumber & carrot sticks. 2.50

♥ OH MY GOODNESS COOKIES: mashed pumpkin, eggs, oats, pepitas, cinnamon, mixed spice, nutmeg, linseed, honey & coconut oil. 2.20

♥ YOGIE POTS: Vanilla 2.50

Blueberry OR Apple & oatly crumble 2.50

BANANA 1.00 APPLE 1.00

♥ ORANGE CUP 1.50 ♥ WATERMELON CUP 1.50

♥ LAYER MIXED CUP: Orange, watermelon & grapes 1.50

## SNACKBAR Available 1st & 2nd break by order only.

♥ CHEESE & JATZ 0.70 ♥ BOILED EGG 1.00

♥ CARROT STICKS 0.50 ♥ MINI MUFFIN (Choc) 1.00

♥ PIKELETS (2), with butter 0.90 butter & jam 1.00

TWISTED FROZEN GREEK YOGHURT VANILLA & STRAWBERRY 2.70

## 1st BREAK Available by order only.

♥ GARLIC BREAD 1.50

with bacon 2.00

♥ CHICKEN SQUISHIE 3.20

[a wrap filled & toasted with chicken, mayo & cheese]

♥ MEXICAN SQUISHIE 3.20

[a wrap filled & toasted with Mexican beef, refried beans & cheese]

♥ TURKISH PIZZA MELTS (GF option for base if required):

Cheesy Chicken or Hawaiian Ham 3.20

♥ TUFFIN: freshly poached egg with bacon, cheese, BBQ sauce on a toasted English muffin. 3.50

♥ HONEY SOY CHICKEN WING NIBBLES (3) 3.00

SAUCES: Tomato, BBQ or Sweet chilli 0.40 Soy sauce 0.20

## 2nd BREAK Available by order only.

♥ FRIED RICE with bacon & Egg 3.00

♥ MACARONI 3.00

with bacon 3.50

♥ MILD CHICKEN CURRY with rice (Gluten free) 4.00

SAUSAGE ROLL 3.80

## DRINKS Available 1st & 2nd break

DAIRY FARMER'S FRESH MILK (Chocolate or Strawberry) 2.70

SPRING WATER 1.20

KRAZY LEMONS (No colour, additives or concentrates) 2.20

FOCUS SPORTS WATER 350ml (Fruit Tingle) 2.20

POPPER JUICE 250ml (Apple or Tropical) 1.70

Please use a separate bag for drink orders

## SANDWICH BAR

Available 1st & 2nd break by order only.

- Choose from white or wholemeal bread.
- Sandwiches can be toasted for FREE.
- Also make your sandwiches into wraps with a tangy sour cream for an extra \$1.00
- Salad is lettuce, carrot, cucumber & tomato.
- Protein choices are ham, chicken, egg or curried egg.
- All sandwiches are lightly buttered.

VEGEMITE/HONEY/CHEESE/EGG OR TOMATO 2.00

EGG & LETTUCE or any other protein choice 3.00

SALAD SANDWICH 4.50

PROTEIN & SALAD SANDWICH 5.50

## SALAD SHAKER BAR

Available 1st & 2nd break by order only.

Protein choices: Ham, chicken or egg.

Dressing choices: Caesar, honey & mustard mayo, sweet chilli & sesame.

### GARDEN SALAD:

Lettuce, snowpeas, cucumber, carrot & tomato plus dressing.

Salad only: Regular size 5.00 Mini size 3.00

With protein: Regular size 6.50 Mini size 3.50

### COLOUR ME A RAINBOW:

Lettuce, snow peas, cucumber, carrot, tomato, capsicum, crunchy noodles & red cabbage plus dressing (recommend sweet chilli & sesame with this one).

Salad only: Regular size 6.00 Mini size 3.50

With Protein: Regular size 7.00 Mini size 3.75

### CHICKEN LICKEN CAESAR with crunchy croutons

Lettuce, cheese, egg, chicken, carrot, cucumber, snowpeas &

Caesar dressing. Regular size 7.00 Mini size 3.75

### EXTRAS FOR SANDWICHES & SALAD SHAKERS

Roast pumpkin 80c Avocado 1.00 Cheddar cheese 50c

## SPECIALS

### WEDNESDAY (Available 2nd break by order only)

♥ TERIYAKI CHICKEN with sticky rice 4.00

### THURSDAY (Available 2nd break by order only)

♥ HOT DOG with sauce 3.50

♥ HOT DOG with sauce & cheese 4.00

### FRIDAY (Available by order only)

#### 1st Break:

CHICKEN FINGERS 3 fingers 2.50 6 fingers 4.00

#### 2nd Break:

EAGLE BOYS PIZZA [2 slices in a box] 4.00

Supreme chicken, Vegetarian, Hawaiian or Cheese

SUSHI: Chicken teriyaki, Tuna or California 3.50

RICE PAPER ROLL: Chicken, Pork or Prawn 3.50

### NOTE:

- Please **highlight** the order bag if **GF items are needed due to dietary requirements**. Please don't hesitate to contact us about any other specific dietary requirements your child might have and we will endeavour to provide suitable food for them to enjoy.

Honey and Honeycomb



www.honeyandhoneycomb.com.au

Rueban & Keturia Ellison's  
Honey & Honeycomb

Local raw organic honey 1kg \$15.

Delivered to classroom or

pick up from tuckshop.

Order via paper bag or Flexischools.