

# Tuckshop

## TUCKSHOP

Tuckshop runs Monday, Wednesday and Friday each week.

Paper bags are used to record student tuckshop orders for both Morning Tea and Lunch.

## MENU

### MORNING TEA

Corn Cobs

Saos(cheese/tomato, vegemite/cheese

Fruit (in season)

Scones (Plain, Sultana)

Muffins - Low fat

Cheesies (melted cheese on piece of french stick)

Popcorn packet

Energy pack(mixed dried fruit & puffed wheat cereal)

Cheese & Crackers

Sausage Rolls/Pies/Party pies

### LUNCH

Sandwiches, Rolls and Wraps (Available white/wholemeal bread/flat bread)

Fillings - Salad, Cheese, Chicken, Chicken & salad, Vegemite, Peanut paste,

Egg & lettuce, Cheese & tomato, Ham, Ham & salad,

### DRINKS

Plain milk, Flavoured Milks, Junior poppers, Spring water, Orange juice, Slush puppies.

### ICE BLOCKS/SNACK

Billabong, Miniz, Icy Pole, Frosty Fruits, Icy Bite (99% fruit juice), Aussie Ice, Mini Mango Weis bar, Milo Stick/Cup,

Frozen Yoghurt, JJ's Rice Chips, Popcorn Packet, Milo bars, Prepacked Fresh Apple slices, Fruit tubs (variety of flavours)

### DAILY LUNCH SPECIALS

Monday - Italian Day

Mini Pizza (Ham, cheese & pineapple), Spaghetti Bolognese, garlic bread

Wednesday - Aussie Day

Hamburger (lean meat, lettuce, cheese, tomato sauce), Ham & Cheese quiche,

Hot dog, Hot dog with cheese

Friday - Asian Day

Cup of Noodles (Beef/Chicken), Cup of Fried Rice, Spring Roll, Chicken crackles