2017 Tuckshop Menu

ALL MADE FRESH IN THE TUCKSHOP

Cold Items

SANDWICHES
(P or T—plain or toasted)
- Vegemite A $3.00
- Egg £ $3.50
- Egg + Lettuce £ $4.00
- Cheese £ £ or T £ $2.50
- Cheese/Tomato £ £ or T £ £ $3.00
- Ham £ £ or T £ £ $3.00
- Ham/Cheese £ £ or T £ £ $3.50
- Ham/Cheese/Tomato £ £ or T £ £ £ $4.00
- Chicken £ £ or T £ £ $3.00
- Chicken/Cheese £ £ £ or T £ £ £ $3.50
- Chicken/Cheese/Tomato £ £ £ or T £ £ £ £ $4.00
- Chicken/Lettuce/ Mayo £ £ £ $4.50

*Salad £ £ $5.00

(*Add $0.50 for Ham/Chicken or Tuna)
(Add $1.00 for wrap)

SIP ‘N’ CRUNCH PACK
$3.00
250ML WATER + FRUIT

Hot Items

Specials

Only $4.00 EA

TERM ONE
- Pork/Salad slider + Sweet Potato Wedges £
- Frittata + Sml Salad £

TERM TWO
- Beef Ravioli + Pasta £
- Spring Rolls + Fried Rice £

TERM THREE
- Sheppard’s Pie £
- Butter Chicken + Rice £

TERM FOUR
- Roasted Chicken Drumstick + Finger Salad £
- Fish Cakes + Sml Salad £

Sushi Wednesday

Teriyaki Chicken £ £ $3.50
Vegetarian £ £ $3.50

Drinks & Treats

Wrap Packs £ £ £ £ $6.00 EA
(Wrap + 250ml Water + Fruit)

Green Patch ($4.00 wrap only)
(warm mini chicken/lettuce/mayo wrap)

Pyramid ($4.00 wrap only)
(cold mini chicken/lettuce/mayo wrap)

BABINDA BEEF BURRITO
($4.00 wrap only)
(warm mini chicken/lettuce/mayo wrap)

SIP ‘N’ CRUNCH PACK
$3.00
250ML WATER + FRUIT

Ham + Cheese £ £
BBQ Chicken + Cheese £ £

SALADS

FISH & SALAD £ £ $5.00
PLAIN SALAD £ £ $4.00
TUNA/CHICKEN/ HAM, EXTRA $1.00
French or Balsamic Dressing

SAOS (Vege or Cheese) £ £ $1.00
Ham+Cheese Scrolls £ £ $2.00
Sml Choc Muffin £ £ £ $0.50
Lrge Fruit Muffin £ £ £ £ $1.50
Sml Yoghurt £ £ £ $1.00
Apple Slinky £ £ £ $1.50
Piece of Fruit £ £ £ $1.00
Grain Waves £ £ £ $2.00
Icy Treats £ £ £ £ $0.50 to $2.50

600ml Bottle Water £ £ $2.50
Slushy (99% Juice) £ £ £ $2.00
Juice 100% (Apple or OJ) £ £ £ £ $2.50
Flavoured Milk £ £ £ £ £ $3.00
(Chocolate or Strawberry)

Online ordering
www.flexischools.com.au