2017 ST MARYS TUCKSHOP MENU

We promote healthy eating, therefore we encourage you to choose GREEN options from our Dietitian Supported ‘Smart Choices’ Menu.

‘GO GREEN WEDNESDAY’
WE WILL SERVE ONLY GREEN SELECTIONS ON WEDNESDAYS

Green – Everyday Foods  Amber - Occasional Foods  RED – Select Carefully

<table>
<thead>
<tr>
<th>SANDWICHES</th>
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<tbody>
<tr>
<td>MultiGrain, High Fibre White or G/F Bread</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Chicken or Ham &amp; Salad</td>
<td>$4.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salad Only</td>
<td>4.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(SALAD INCLUDES lettuce, tomato, carrot, cheese, Pineapple)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Chicken or Ham only</td>
<td>3.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese Only</td>
<td>2.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese Toastie</td>
<td>3.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham or Chicken &amp; Cheese Toastie</td>
<td>4.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegemite &amp; Cheese</td>
<td>2.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegemite</td>
<td>1.50</td>
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<table>
<thead>
<tr>
<th>WRAPS</th>
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<tbody>
<tr>
<td>10&quot; Plain flour tortillas</td>
<td></td>
</tr>
<tr>
<td>Chicken or Ham &amp; Salad</td>
<td>4.50</td>
</tr>
<tr>
<td>Chicken Caesar Salad</td>
<td>4.50</td>
</tr>
<tr>
<td>(chicken, cheese, bacon, lettuce, Caesar)</td>
<td></td>
</tr>
<tr>
<td>Salad only</td>
<td>4.00</td>
</tr>
<tr>
<td>(lettuce, tomato, carrot, cheese, mayo)</td>
<td></td>
</tr>
<tr>
<td>Mexican Beef Quesadilla</td>
<td>4.50</td>
</tr>
<tr>
<td><em>(Quesadilla is a Toasted Flat Wrap with Taco seasoned beef &amp; cheese)</em></td>
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<table>
<thead>
<tr>
<th>HOT FOOD</th>
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</thead>
<tbody>
<tr>
<td>-Chicken Encilladas</td>
<td>4.50</td>
</tr>
<tr>
<td><em>(chicken, cheese, corn wrap, baked with fresh tomato s/c...delicious)</em></td>
<td></td>
</tr>
<tr>
<td>-Blasta Pasta - Lasagne</td>
<td>3.60</td>
</tr>
<tr>
<td>-Chicken Snack Wrap (lettuce &amp; Mayo)</td>
<td>2.80</td>
</tr>
<tr>
<td>-Chicken Burger (lettuce, mayo)</td>
<td>4.00</td>
</tr>
<tr>
<td>-Beef Burger (lettuce, tomato, carrot, SC)</td>
<td>4.50</td>
</tr>
<tr>
<td>-Cheese &amp; Bacon/BBQ sauce Burger</td>
<td>4.00</td>
</tr>
<tr>
<td>-Ham &amp; Cheese Pizza</td>
<td>3.00</td>
</tr>
<tr>
<td>-Chicken Nuggets (oven bake)</td>
<td>0.60ea</td>
</tr>
<tr>
<td>-Hot Dog Cheese &amp; Sauce</td>
<td>3.00</td>
</tr>
<tr>
<td>-Hot Dog (reduced fat) &amp; sauce</td>
<td>2.50</td>
</tr>
<tr>
<td>-Sausage Roll (reduced fat)</td>
<td>2.80</td>
</tr>
<tr>
<td>-Meat Pie</td>
<td>3.30</td>
</tr>
<tr>
<td>-Party Pies (reduced fat)</td>
<td>1.00</td>
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| -Tomato or BBQ sauce | 40c     |

<table>
<thead>
<tr>
<th>SALAD BOX</th>
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<tbody>
<tr>
<td>-Chicken Caesar Salad</td>
<td>4.50</td>
</tr>
<tr>
<td><em>(chicken, bacon, lettuce, cheese, croutons)</em></td>
<td></td>
</tr>
<tr>
<td>-Fresh Garden Salad</td>
<td>4.00</td>
</tr>
<tr>
<td><em>(tomato, lettuce, corn, carrot, fresh fruit)</em></td>
<td></td>
</tr>
<tr>
<td>Add Ham/Chicken to Garden Salad</td>
<td>extra 50c</td>
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<table>
<thead>
<tr>
<th>DRINKS</th>
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<tbody>
<tr>
<td>-Strawberry Milk</td>
<td>2.00</td>
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<tr>
<td>-Choc Milk</td>
<td>2.00</td>
</tr>
<tr>
<td>-100% Orchy Juice</td>
<td>2.00</td>
</tr>
<tr>
<td><em>(Apple, Orange/Pass, AppleBlackCurrent)</em></td>
<td></td>
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<tr>
<td>-Fruit Punch Cup</td>
<td>50c</td>
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<table>
<thead>
<tr>
<th>SNACKS</th>
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<tbody>
<tr>
<td>-Fresh Fruit</td>
<td>1.50</td>
</tr>
<tr>
<td><em>(APPLE, ORANGE, BANANA)</em></td>
<td></td>
</tr>
<tr>
<td>-Fresh Fruit Salad</td>
<td>2.00</td>
</tr>
<tr>
<td><em>(fresh seasonal fruit)</em></td>
<td></td>
</tr>
<tr>
<td>-Yoghurt, Fruit, Granola Pot</td>
<td>2.50</td>
</tr>
<tr>
<td>-Squeezy Yoghurt</td>
<td>2.50</td>
</tr>
<tr>
<td>-Tasty Cheese &amp; Crackers</td>
<td>2.50</td>
</tr>
<tr>
<td>-Cruskits x 2 with Vegemite</td>
<td>1.00</td>
</tr>
<tr>
<td>-Rice Cakes x2 (sour cream &amp; chives)</td>
<td>1.00</td>
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<thead>
<tr>
<th>TREATS</th>
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<tbody>
<tr>
<td>-Large Muffin</td>
<td>2.00</td>
</tr>
<tr>
<td>-Red Rock Chips</td>
<td>1.00</td>
</tr>
<tr>
<td><em>(Honey Soy Chicken or Sea Salt)</em></td>
<td></td>
</tr>
<tr>
<td>-JJ’s</td>
<td>1.00</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>ICE BLOCKS</th>
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<tbody>
<tr>
<td>-Quelch Fruit Stick</td>
<td>0.50</td>
</tr>
<tr>
<td>-Frozen Yoghurt Tub</td>
<td>2.00</td>
</tr>
<tr>
<td>-IceCream Tub (97% fat free)</td>
<td>1.50</td>
</tr>
<tr>
<td>-Callipo</td>
<td>1.00</td>
</tr>
<tr>
<td>-Lemonade Icy Twist</td>
<td>1.20</td>
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</table>
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PLEASE NOTE PAPER BAG & CASH ORDERING WILL ALWAYS BE AVAILABLE!

Please ensure all bag orders are clearly marked with the following...
NAME, CLASS, 1ST or 2nd BREAK, ITEMS REQUIRED & PRICING
This is such a great help, as our mornings in Tuckshop are quite busy.

PLEASE REMEMBER EVERY WEDNESDAY WE GO GREEN ONLY!
Any RED foods ordered on Wednesday will be replaced with a GREEN option. Eg If your child orders a Pie on Wednesday, it will likely be replaced with a salad sandwich!
ALL BAG ORDERS ARE TO BE PLACED AT TUCKSHOP BEFORE 9:00am
Flexischool orders must be submitted by 9:00am also.