St Mary’s Tuckshop Menu 2016

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

SANDWICHES
- MultiGrain, High Fibre White or G/F Bread
- Chicken or Ham & Salad $4.30
- Salad Only 3.80
- (SALAD INCLUDES lettuce, tomato, carrot & cheese. Beetroot or Pineapple available at 50c extra each item)
- Chicken or Ham only 2.80
- Cheese Only 2.20
- Cheese Toastie 2.70
- Chicken & Cheese Toastie 3.80
- Ham & Cheese Toastie 3.80
- Vegemite & Cheese 2.00
- Vegemite 1.50
- Jam or Honey 1.50

WRAPS
- Plain flour tortillas
- Chicken or Ham & Salad 4.30
- Salad only 3.80
- Mexican Beef Quesadilla 4.50
- (Quesadilla is a Toasted Flat Wrap with Taco seasoned beef & cheese)

HOT FOOD
- Blasta Pasta - Lasagne 3.60
- Spaghetti Bolognaise 3.60
- Chicken Snack Wrap 2.60
- Chicken Burger (lettuce,mayo) 3.50
- Beef Burger (lettuce,tomato,carrot,SC) 4.50
- Cheese & Bacon/BBQ sauce Burger 4.00
- Ham & Cheese Pizza 2.70
- Chicken Tenders (oven bake) 1.60 ea
- Chicken Nuggets (oven bake) 0.60 ea
- Hot Dog Cheese & Sauce 3.00
- Hot Dog (reduced fat) & sauce 2.50
- Sausage Roll (reduced fat) 2.50
- Pie 3.00
- Party Pies (reduced fat) 1.00
- Sauce Tomato or BBQ 0.30ea

Amber – Select Carefully Foods

DRINKS
- Bottled Water 1.50
- Choc Milk 1.80
- Strawberry Milk 1.80
- 100% Orchy Juice 1.70
- (Apple,O,Orange/Pass,AppleBlackCurrent)
- Fruit Punch Cup .50

SNACKS
- Fresh Fruit 1.50
- (APPLE,ORANGE, BANANA)
- Goulburn Valley Fruit Tub 2.50
- (Fruit Salad or Peaches)
- Cruskits x 2 with Vegemite 1.00
- AirEd Popcorn 1.00
- Tasty Cheese & Crackers 2.50
- Tasty Cheese Stick 1.00

ICE BLOCKS
- Quelch Fruit Stick 0.50
- Frozen Yoghurt Tub 2.00
- Paddle Pop 1.50
- Rainbow or Chocolate
- Lemonade Icy Twist 1.20
- Ice Cream Tub (97% Fat Free) 1.20

TREATS
- GF Raspberry Friand 3.00
- Large Muffin 2.00
- Hello Pandas 0.80
- Red Rock Chips 1.00
- Sea Salt or Honey Soy Chicken
- Rice Crackers 1.00
- Doritos 1.00
- Jumpys 1.00
- JJ’s 1.00

FOR EMERGENCY ORDERS PLEASE CALL MISS J on 07 46711 730
ORDER ONLINE @ flexischools.com.au

*Replaces paper bag orders.
*Pre-Pay online. No cash required.
*Order on the day or a week ahead of time.
*Registration is easy and free.
*Use any computer or mobile device.

Please go to www.flexischools.com.au
- Click ‘Register NOW’. Enter your email
- You will be emailed a link to the online form
- Choose your own name & password
- Enter your contact details
- For each child, click ‘Add a student’ and follow the prompts to place your order.
- You will be required to top up your account using VISA, MASTERCARD, PAYPAL or DIRECT DEPOSIT. Transaction fee may apply- see online for details.

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 AMBER 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!