

2020 ST MARYS TUCKSHOP MENU

We promote healthy eating; therefore we encourage you to choose GREEN options from our 'Smart Choices' Menu.

'GO GREEN WEDNESDAY'

WE WILL SERVE ONLY GREEN SELECTIONS ON WEDNESDAYS

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

1st BREAK 10:45am- 11:15am

2nd BREAK PRIMARY 12:45pm- 1:20pm
SECONDARY 1:20pm- 1:50pm

SANDWICHES

Multigrain, High Fibre White or G/F Bread	
Chicken or Ham & Salad	\$5.00
Salad Only	\$4.00
ADD Chicken or Ham	\$1.00
Ham or Chicken ONLY	\$4.00
Ham & Cheese Toastie	\$4.50
Cheese Toastie	\$3.50
Vegemite ONLY	\$2.00
Vegemite & Cheese	\$2.50

WRAPS

10" Plain flour tortillas/Corn Tortillas GF	
Chicken or Ham & Salad	\$5.00
<i>(chicken, lettuce, tomato, cheese & mayo)</i>	
Chicken Caesar Salad	\$5.50
<i>(chicken, cheese, bacon, lettuce & caesar dressing)</i>	
Salad only	\$4.00
<i>(lettuce, tomato, carrot, cheese & mayo)</i>	
Mexican Beef Quesadilla	\$5.00
<i>(Toasted flat wrap with taco seasoned beef & cheese)</i>	
Double Chicken Snack Wrap	\$5.00
<i>(2x crumbed chicken tenders, lettuce & mayo)</i>	

HOT FOODS

Spaghetti Bolognese	\$5.00
Meatball Sub	\$5.00
Chicken Snack Wrap	\$3.50
Chicken Wings X 4 <i>(honey & soy)</i>	\$4.00
Butter Chicken & Rice	\$6.00
Chicken Tender	\$1.60
Ham & Cheese Pizza	\$4.00
Sausage Roll <i>(GUNSIND)</i>	\$4.50
Party Pies <i>(Limit of 3)</i>	\$1.00

SALAD BOX

Chicken Caesar Salad	\$5.50
<i>(chicken, bacon, lettuce, cheese, croutons)</i>	
Fresh Garden Salad	\$4.50
<i>(tomato, lettuce, cheese, carrot, croutons)</i>	
Add chicken or ham	\$1.00

DRINKS

Chocolate Milk	\$2.00
Strawberry Milk	\$2.00
Orange/Pass Juice	\$2.00
Apple Juice	\$2.00
Apple & Black Currant Juice	\$2.00
Water Bottle	\$1.00
Punch Cup	\$0.50

SNACKS

Garlic bread	\$2.00
Beef Jerky 20g	\$3.00
Fresh Fruit	\$2.00
<i>(Apple, Banana, Orange)</i>	
Watermelon Tub	\$2.00
Squeezy Yoghurt	\$2.50
Tasty Cheese & Crackers	\$2.50
Cruskits x2	\$1.50
Rice Cakes x2	\$1.50
Pretzels	\$1.50

TREATS

Choc Chip Muffin	\$2.50
Banana Bread <i>(Toasted)</i>	\$2.00
Lemonade Icy Twist	\$1.50
Calippo	\$1.50
Quelch Stick	\$0.50
Ice Cream Tub <i>(99% Fat Free)</i>	\$1.50

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' and 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 WILL apply.

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.