

# 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,OJ,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](http://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, 1<sup>ST</sup> or 2<sup>ND</sup> 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!*