

St. Mary's School Tuckshop – Summer Menu

CREATE, MAKE, ENJOY

Sandwiches, Wraps, Rolls, Salad Tubs

Protein: Chicken, Ham, Tuna, Egg

Fillers: Lettuce, tomato, cucumber, carrot, alfalfa, beetroot

Protein only	\$2.50
Protein + Fillers (Unlimited)	\$4.00
Extras: Cheese	\$0.30
Gluten Free	\$0.50

HOME MADE SPECIALS

Available at Lunchtime

- **Sushi Rolls** **\$2.80**
Teriyaki Chicken, Crispy Chicken, Tuna & Avocado
- **Beef Nachos (GF)** **\$4.00**
- **Beef or Chicken Burger** **\$4.00**
(Unlimited Fillings)
Cheese + **\$0.30**
- **Mini Cobb Loaf** **\$4.00**
Cheese & Bacon + Vegie Sticks
- **Munch Box (GF)** **\$4.00**
(also available at M/Tea) Cheese, Kabana, Twiggy, Dip, Vegie Sticks, Grapes & Crackers
- **Wrap (GF)** **\$4.00**
Grilled Chicken, Bacon & Caesar Dressing
- **Chicken Nuggets (GF)** (3) **\$1.60**
(6) **\$3.20**

DRINKS

WATER	\$1.50
Banana Smoothie	\$1.50
Up & Go	\$2.00
Apple Popper	\$1.50
Cup of Plain Milk	\$1.00

MILK	\$2.00
(Chocolate or Strawberry)	

JUICE	\$2.00
(Orange or Orange/Passionfruit)	

QUENCH	\$2.00
Raspberry, Lime or Cola	

SNACK ATTACK

Homemade

Banana Muffin	\$1.30
Blueberry Muffin	\$1.30
Cup Cake (GF)	\$1.00
Chocolate Crackles	\$0.80
Lamington	\$1.50
Choc Chip Biscuits	\$0.80
Honey Soy Chips	\$1.20
Zooper Dooper	\$0.60
Frozen Yoghurt	\$2.00
Ice Cream Cone	\$1.00

HOT FOODS

Available at Morning Tea & Lunchtime

Ham & Cheese Rollups	\$1.30
Sausage Roll (half)	\$1.40
(whole)	\$2.80
Mini Pie	\$1.20
Tomato Sauce	\$0.30

No Longer Available:
Liquorice or Coffee Milk

SAMPLE OF ORDER BAG

LUNCH

Jane Smith 6B

Nachos	\$4.00
1x Quench Cola	\$2.00
Total	\$6.00

Enclosed: \$6.00

"GLUTEN FREE OPTION"

Please Remember:

Lunch orders to be on a separate bag

Correct money would be appreciated; otherwise change is to be collected from the Tuckshop at Lunch.

When Tuckshop orders are handed in late, it is not always possible to fill them.

Please ensure that the student's year level is clearly written on the bag.

Any type of allergy is to be written on each bag.

If you would like the GLUTEN FREE OPTION (GF) please state this on the bag as shown on the Sample Order Bag

Effective from 04/10/16