

# TUCKSHOP

## DAILY MENU

### TERM 3 2023

#### TUESDAY

- Sushi \$3.70
- Teriyaki chicken/ Tuna or Avocado
- Rice Paper Roll \$3.90
- Vegetarian/ Chicken soy

#### WEDNESDAY

- Hamburger no salad \$6.90
- Hamburger with salad \$6.90
- Vegetarian Burger \$6.90
- Gluten Free Burger \$7.40

#### THURSDAY

- Pizza \$4.50
- -Ham & Cheese or
- -Vegetarian
- -Gluten Free \$5.50
- (Limited Hot food Available)

#### FRIDAY

- All Day Meal Deal
- \$8.75

### EVERY DAY HOT FOOD

|                                  |        |
|----------------------------------|--------|
| Fried Rice (with or without ham) | \$4.00 |
| Pastitsio                        | \$6.00 |
| Sausage Roll                     | \$3.70 |
| Snack Pie                        | \$3.20 |
| Pasta with Napolitano Sauce      | \$4.00 |
| Tomato Sauce                     | \$0.50 |

### GLUTEN FREE HOT FOOD

|                        |        |
|------------------------|--------|
| Fried Rice (GF)        | \$4.00 |
| GF Beef Pie            | \$6.50 |
| Warm Ham & Cheese Roll | \$5.90 |

### SANDWICHES, WRAPS & BENTO BOXES

|  |        |
|--|--------|
| Ham & Cheese   | \$4.50 |
| Vegemite/Honey/Jam   | \$2.00 |
| Ashgrove Wrap <i>salad, chicken tender &amp; mayo</i>          | \$7.30 |
| Happy Wrap <i>salad, ham and hummus</i>                        | \$7.30 |
| Salad Wrap <i>salad only</i>                                   | \$5.70 |
| Chicken Bento Box <i>chicken tender, crudites &amp; cheese</i> | \$7.00 |
| Ham Bento Box <i>ham, crudites &amp; cheese</i>                | \$7.00 |

### TOASTIES

|                 |        |
|-----------------|--------|
| Cheese          | \$3.00 |
| Ham & Cheese    | \$4.50 |
| Cheese & Tomato | \$3.50 |

### SNACK BOXES \$5.70

- Berry Good Box** *yoghurt, granola, berries & muffin*
- Milk & Cookies Box** *flavoured milk, sprinkle cookies (2), popcorn & brownie*
- GF Milk & Cookies Box** *flavoured milk, GF sprinkle cookies (2), popcorn & brownie*

### BIRTHDAY TREATS



Class Pack of  
Birthday Iceblocks

\$12

### SNACKS & TREATS

|   |        |
|---|--------|
| Fresh Piece of Fruit <b>GF, V, DF</b>               | \$1.50 |
| Cheese, Crackers & Vegie Sticks <b>GF, V</b>        | \$4.20 |
| Vegie Sticks, Hummus & Corn Chips <b>GF, V</b>      | \$4.20 |
| Popcorn <b>GF, V, DF</b>                            | \$1.00 |
| Chips (sea salt, honey soy chicken, grainwaves)     | \$2.00 |
| Fruit Trio <b>GF, V, DF</b>                         | \$4.30 |
| Watermelon Cup <b>GF, V, DF</b>                     | \$4.00 |
| Boiled Egg <b>GF, V, DF</b>                         | \$1.00 |
| Yoghurt <b>GF, V</b>                                | \$1.50 |
| Fruit Muffin <b>V</b>                               | \$2.00 |
| Vegemite Scroll <b>V</b>                            | \$2.50 |
| Pizza Scroll  | \$3.00 |
| Scrapies  | \$1.00 |
| Frozen Yoghurt <b>GF, V</b>                         | \$3.20 |
| Gingerbread Man <b>V</b>                            | \$2.30 |
| Pikelets (3 per serve)                              | \$2.00 |
| Apricot bliss balls (3 per serve)                   | \$3.75 |
| <b>Gluten Free</b> Cupcakes <b>GF, V, DF</b>        | \$2.00 |
| <b>Gluten Free</b> Gingerbread Man <b>GF, V, DF</b> | \$2.80 |

**Over the Counter - (daily except Thurs 1st break)**  
Iceblocks, home made biscuits, popcorn/chips, brownies, Crazy Crunch

### COLD DRINKS

|  |        |
|--|--------|
| Water - Large  | \$2.00 |
| Fresh Flavoured Milk (strawberry/chocolate)                            | \$2.70 |
| Popper 150ml (apple/blackcurrant)                                      | \$1.70 |
| Berri PopTop Juice 250ml (apple/blackcurrant)                          | \$2.20 |
| Krazy Lemon  | \$3.00 |
| Glee flavoured sparkling fruit juice (blackcurrant/tropical/raspberry) | \$3.00 |

### HOT DRINKS

|               |         |        |
|---------------|---------|--------|
| Hot Chocolate | - Small | \$2.50 |
|               | - Large | \$3.00 |
| Tea           |         | \$2.00 |

### COFFEE Sml \$4.00 Lge \$4.50

- Latte,
- Cappuccino,
- Flat white
- Mocha,
- Dirty Chai
- Long Black



OPEN FROM 8.15 AM  
DAILY