Tuckshop 2017

Big Lunch/First Break 11am

	Cost
Low Fat Pies	4.00.
Low Fat Sausage Rolls	3.00.
Hot Dog & sauce	4.00.
Chicken Fillet Burger	4.00.
Chicken Cheese Burger	4.20.
Chicken Lettuce & Mayo Burger	4.20.
Chicken Salad Burger	5.00.
Fish Fillet Burger	4.10.
Fish Cheese Burger	4.30.
Fish Lettuce & Mayo Burger	4.30.
Fish Salad Burger	5.10.

Sandwiches/Rolls/Toasted .20cents

Vegemite	1.80.
Cheese	2.80.
Chicken Meat	4.30.
Chicken Meat, Cheese & Tomato	4.40.
Chicken Meat & Salad	5.00.
Ham	4.00.
Ham & Cheese	4.20.
Ham & Cheese & Tomato	4.20.
Ham & Salad	5.00.

Please Note

If you don't wish to order any butter, sauces, mayo or salad items, please mark your bags clearly (see example on: How to Order Tuckshop Page) All salads come with cheese, tomato, lettuce and carrot

Muffins Ingredients

SR Flour, Egg replacer,sugar,sunflower oil rice milk, apple & cinnamon, dark chocolate chips

Monthly Specials: Meals

Small:	$4.20.
Large:	$5.00.

Assistance in the Tuckshop is always welcome. Please contact Gail Brady(Tuckshop Convenor) on : PH 0749362421

Drinks available for both Breaks

	Cost
Flavoured Milk: Chocolate/Strawberry L/F	2.30.
Fruit Juice: Apple/ AppleBlackcurrant 250ml	2.50.
Fruit Juice: Apple/Orange 500ml	2.70.
Flavoured Water: Fruit Tingle 350 m	3.50.
Water	1.00.

Little Lunch / 2nd Break

Not available for First Break

Muffins: Banana & Coconut Sugar Free	2.00.

Ice Creams/Blocks

Not available for First Break

Water Ice : Frosty Fruit : R'berry : Lemonade	1.00.
Life Savers	2.20.
Dixie Cups	2.40.
Milo Cups	2.70.

Snacks / Chips & Shapes

Not available for First Break

Muesli Bar (Hand Made)	2.00.
Lite Cheese and Biscuits (3) pack	2.00.
Chips: Chicken : Salt & Vinegar : BBQ	1.50.
Shapes: Pizza	1.50.
Apple Slinkies (Red or Green)	1.00.