

St Joseph's Tuck shop menu

2015 / Term1

☐= Healthy Option:

We try to encourage children to eat clean foods.

It gives them good energy and a healthy mind!

Available for Little (1st) lunch only

Little lunch Special Meal deals : \$3.00

☐ Choose one item from below

>Mini pie >Chicken chips

>Quiche >Chicken sweet chill tender

>Garlic bread >Sausage roll

** If you choose two items, that will cost an extra \$2.00

*** We will not sell these items separately.

☐ Choose one item from below

☐ Mini salad cup

or

☐ Frozen fruit Salad cup



Also available
at counter

Drink and Frozen item

*Plain milk\$1.50

*Choc or Strawberry milk\$2.00

*Low fat Iced Choc, STR milk.....\$2.00

*Low fat Iced Honeycomb milk....\$2.00

*Apple, Orange, Apl+B'currant ...\$2.00

*Water\$2.00

*Mango cup \$2.50

*Vanilla Ice-cream or TNT \$1.00

*Frozen fruit or Icy pole 50c

Available everyday for both lunches

Sandwiches ☐

*Ham, Chicken, Tuna or Cheese with Salad...\$4.00

*Ham or Chicken with Cheese\$4.00

*Plain Ham, Chicken, Tuna or Cheese.....\$3.50

*Salad sandwich or Egg and lettuce\$3.50

*Cheese \$3.00

*Vegemite or Jam\$2.50

(Wholemeal and M'grain are available. Wrap or Bread roll are extra 30c)

Toasted Sandwiches ☐

*Ham or Chicken with Cheese\$4.20

*Plain Ham, Chicken or Cheese.....\$3.70

*Tomato and Cheese\$3.50

*Cheese with Vegemite.....\$3.50

*Add Avocado.... extra 50c

*Add Tomato extra 20c

Salad and Cold items ☐

*Snack pack (Vege sticks, cracker & cheese... \$3.00

*Small salad box\$3.00

*Small salad box with Roast chicken.....\$4.00

*Large salad box\$5.50

*(L) salad box with Chicken, Ham or Tuna.....\$6.00

*Noodle salad.....\$6.00

*Cheese and cracker\$1.50

Hot meal and Snacks

*Lasagne or Macaroni cheese ☐..... \$4.00

*Spinach and Ricotta roll\$3.50

*Pizza pocket\$3.00

*Apple Pie.....\$2.70

*Corn on cob ☐.....\$1.60

*Choc Muffin\$2.20

*Banana cake(L) \$1.50, (S) \$1.00

How to order Tuckshop

* Write your child's Name and Class on the paper bag indicating either LITTLE lunch or BIG lunch.

*Please prepare separate bags for Little lunch and Big lunch!!

* Complete an order for each bag then calculate the total cost and place money in the bag. The change will be returned into the bag with the food. However, if the change is greater than \$10, we will keep the change at the office so please pick it up after school finishes.

Thank you!

Weekly BIG LUNCH special - Available for Big (2nd) lunch only

<<MONDAY>>

Burger ☐

Choose from

*Beef-cheese

*Chicken

*Fish

all include tomato, lettuce and sauce

.....\$4.30

<<TUESDAY>>

Teriyaki Chicken

with Rice ☐

(homemade)

Teriyaki Chicken on top of rice with salad.

.....\$4.00

<<WEDNESDAY>>

Spaghetti

Bolognese ☐

(homemade)

.....\$4.00

Tomato or BBQ sauce...30c
Dressing ...30c, Soy sauce.20c
Japanese Mayo..50c

<<THURSDAY>>

Curry Rice ☐

(homemade)

Beef mince and veges with coconut milk

.....\$4.00

<<FRIDAY>>

Sushi ☐

Inari (2pcs)..... \$3.00

California / Tuna & Salad ..\$3.30

Teriyaki Chicken \$3.30

Chicken & Avocado\$3.60

Spicy Chicken \$3.60

Hotdog

Hotdog\$3.20

with cheese\$3.70

Dear Parents and Guardians,

* If you don't have a paper bag, you can also use an envelope. (Separate envelopes for each lunch). Please make sure the envelopes are large enough to fit your child's order because there is a big possibility that your child will lose their food. We sell paper bags for 10c.

*If you want to order for more than one child, please write the orders on separate bags for each child then put these and all money into only one child's bag. (All orders are together) This would be a great help as we don't need to search for each individual tuckshop order and money.