

# TUCKSHOP MENU: PRIMARY SCHOOL



## COLD LUNCH

### Sandwiches

Egg and Lettuce (HM, V, GFO)  
(Egg mayo, lettuce, wholemeal bread)

**Chicken Caesar Salad Box** (HM, GFO, VO, VeO)

### Garden Salad with Cheese

(Add crumbed chicken or/and wholemeal bread roll)

### Sushi

Tuna & Avo/Chicken/Chicken & Cucumber (GF, DF)  
Tofu & Avo (GF, V, Ve, DF)

## HOT LUNCH

### Toasties (HM, GFO)

Ham/Cheese/Tomato  
(Freshly made on multigrain bread)

### Meatballs & pasta

(Homemade meatballs served with spiral pasta & topped with melted cheese) (HM)

### Chicken Tender Wrap (HM, GFO)

(Salad, cheese & mayo)

### Beef Hamburger (HM, GFO)

(Homemade beef patty, lettuce, cheese, tomato. Veggie patty also available)

Great for over-counter service

### Warm spinach & ricotta scroll (HM, V)

### Grilled chicken breast strips

(served with salad) (GF, DF)

### Lasagne

Beef or Vegetable (HM, V)

Make ahead of time and freeze in serving portions

## COMBO DEALS

Choice of any cold or hot lunch with a snack and bottle of water.

## DAILY SPECIALS

Refer to our daily specials list.



## SNACKS

**Corn on the cob** (GF, V, Ve, DF)

### Vegetable sticks with hummus

(Carrot/celery/cucumber) (GF, V, DF)

**Air popped popcorn** (HM, GF, V, DF)

**Watermelon sticks** (HM, GF, V, DF)

### Greek yoghurt tub (GF, V)

(Reduced fat, Vanilla, 250mL)

### Fruit muffin (HM, V)

(Made in the tuckshop)

### Paddle Pop ice-cream

(Chocolate/ Rainbow)

### Ice blocks

(99% fruit juice, raspberry/lemon/orange) (DF)

Use fresh or frozen fruit, like blueberries, raspberries & apples. If using a muffin mix, add oats or bran to add fibre.

## DRINKS

**Bottled water (500ml)**

**99% Fruit juice (250ml)**

(Orange, apple, blackcurrant)

**Plain milk (250ml)**

(Reduced fat)

**Flavoured milk (250ml)**

(Strawberry/Chocolate)

**Hot chocolate (250ml)**

(Reduced fat. 2 tsp Milo)

## VOLUNTEERS

We are always looking for volunteers to help out in the tuckshop. Drop in and say g'day!



**SAVE TIME & ORDER ONLINE USING {ORDERING APP} OR PHONE {XXXX XXXX}**

HM - HOME-MADE GF - GLUTEN FREE DF - DAIRY-FREE V - VEGETARIAN VE - VEGAN H - HALAL VO - VEGAN OPTION AVAILABLE GFO - GLUTEN-FREE OPTION AVAILABLE  
\*MENU & PRICES SUBJECT TO CHANGE