

STAR OF THE SEA TUCKSHOP LIST 2015

MONDAY - WEDNESDAY - FRIDAY

SNACKS & FRUITS

Apple Pie (Warm or Cold)	A	\$2.20
Apple Slinky (own apple 20c) <i>GF</i>	G	\$1.20
Cheese Stick	G	\$1.00
Crackers/Cheese (4 Jatz 4 cheese cubes)	G	\$1.50
Custard Cup	G	\$1.00
Fruit Salad (Seasonal) <i>GF</i>	G	\$3.50
Fruit Stick	A	\$0.90
Gingerbread Students	A	\$1.80
Muffins (as available on the day)	A	\$1.00
Piece of Seasonal Fruit <i>GF</i>	G	\$1.00
Pikelets & Jam (2)	G	\$1.00
Popcorn (pre-pack) <i>GF</i>	G	\$1.20
Yoghurt (Vanilla or Strawberry) <i>GF</i>	G	\$2.00

SANDWICHES

Available On White or MultiGrain, Bun or Wrap

Vegemite, P/Paste, Honey or Straw Jam	G	\$1.50
Cheese/Egg/Chicken/Ham or Tuna	G	\$3.00
Chicken/Lettuce/Mayo	G	\$3.00
Ham/Cheese/Tomato	G	\$3.00
Salad	G	\$3.00
Chicken/Ham/Tuna and Salad	G	\$5.00
Toasted	<i>add</i>	\$0.50

SALAD PLATE

Includes Lettuce, Tomato, Beetroot, Carrot & Cucumber

Large Salad Plate	G	\$4.00
Small Salad Plate	G	\$3.00
Salad and Ham or Chicken (Large)	G	\$6.00
Salad and Ham or Chicken (Small)	G	\$5.00
Salad with Quiche	G	\$6.00

ICE BLOCKS - BIG LUNCH ONLY

Grade 1 - 7 Only

Frozen StrawberryYoghurt	G	\$2.20
Vanilla Ice-Cream Cup	A	\$1.80
Icy Twist (Lemonade)	A	\$1.20
Paddle Pop (Choc or Rainbow)	A	\$1.70

HOT FOOD

Chicken Burger - Half (With Lettuce/Mayo)	G	\$2.20
Chicken Burger - Full (With Lettuce/Mayo)	G	\$4.00
Chicken Chips (Qty 5)	A	\$2.30
Chicken Nuggets (Qty 4)	A	\$2.10
Corn on the Cob (with butter) <i>GF</i>	G	\$1.50
Fish Burger - Half (Qty 2 w Lettuce/Mayo)	A	\$2.50
Fish Burger - Full (Qty 3 w Lettuce/Mayo)	A	\$4.00
Fish Fingers (Qty 3)	A	\$1.50
Fried Rice <i>GF</i>	G	\$3.70
Garlic Bread	A	\$2.50
Hot Dog - Half (specify sauce option)	A	\$1.30
Hot Dog - Full (specify sauce option)	A	\$2.50
Hot Dog with Cheese (specify sauce option)	A	\$3.50
Keppel Puppy	A	\$2.50
Lasagne	G	\$3.70
Macaroni & Cheese	G	\$3.70
Mini Quiche	G	\$1.50
Nachos (with salsa/cheese/sour cream)	A	\$3.00
Party Pie (small)	A	\$1.00
Pie (large)	A	\$3.20
Pizza (Ham & Pineapple, Meatlovers or Cheese)	A	\$3.00
Quiche Slice	G	\$3.50
Sausage Rolls (small)	A	\$1.10
UFO (cheese topped garlic bread)	A	\$0.90

ADDITIONAL INFORMATION

Tomato or BBQ Sauce Sachet	\$0.30
Pre-printed Tuckshop Bag	\$0.05
Gluten Free	<i>GF</i>
Sauces Available - Tomato/BBQ or Mustard	

SMART CHOICES CATEGORY RATINGS

G - Green - Have plenty - Good Choice
A - Amber - Have sometimes - Limit

DRINKS

Bottled Water	G	\$2.00
Breaka Milk - <i>Choc, Straw, Van or Coffee</i>	A	\$2.00
LOL - <i>Tropical, Raz or Blackcurrent</i>	G	\$2.00
Popper - <i>Apple, Tropical, Orange</i>	G	\$2.00
Slushie	A	\$2.00