

# TUCKSHOP

## SUMMER FOOD

<b>CHICKEN TENDER SALAD</b>	\$4.50	GF
<b>CHICKEN BURGER</b>	\$4.20	
wholemeal bun with fresh salad	+ 1.30	GF
BBQ or tomato sauce		
<b>HAMBURGER</b>	\$4.20	
with fresh salad and mayonnaise	+ \$1.30	GF
<b>HOT DOG</b>	\$3.40	
on a wholemeal bun with BBQ or		
tomato sauce		
<b>SPAGHETTI BOLOGNESE</b>	\$4.20	
fresh homemade Spaghetti with		
optional cheese		
<b>LASAGNE WITH SALAD</b>	\$4.50	
optional additional salad	+ \$ .60	GF
<b>TOASTED TORTILLA</b>	\$3.80	
chicken tender GF	+ .50	GF
sheared beef		WRAP
chicken breast		
<i>served with cheese &amp; lettuce</i>		
<b>PIZZA</b>		
cheese pizza	\$3.70	
pineapple and ham pizza	\$4.30	
ham, chicken, onion and tomato	\$4.70	
<i>all pizza's come with tomato</i>	+ \$ .60	GF
<i>paste and low fat cheese</i>		
<b>CHICKEN AND CRUNCH</b>	\$3.10	GF
4 chicken nuggets with cucumber		
and carrot sticks		
<b>MINI PIE</b>	\$1.00	
<b>MEAL 1</b>	\$6.00	
<b>HAM &amp; CHEESE TOASTED</b>		
<b>CHEESE &amp; CRACKERS</b>		
<b>BREAKER 300ML</b>		
Strawberry		
chocolate		
banana		
(zymill available)		
<b>MEAL 2</b>	\$6.00	
<b>HAWAIIAN PIZZA</b>	+ \$ .60	GF
<b>FRESH FRUIT CUP</b>		
<b>WATER 600ML</b>		

## SOMETHING FRESH

### WRAP, ROLL OR SALAD BOX

<b>HAM</b>	\$4.00
<b>CHICKEN</b>	\$4.80
<b>SEASONAL SALAD</b>	\$3.40
comes with a boiled egg	

## SANDWICHES AND TOASTIES

<b>TOMATO &amp; HAM</b>	\$3.30
<b>HAM &amp; CHEESE</b>	\$3.30
<b>CHICKEN &amp; CHEESE</b>	\$3.60
<b>CHEESE TOMATO &amp; ONION</b>	\$3.30
<b>CHEESE &amp; TOMATO</b>	\$3.30
<b>EGG &amp; LETTUCE SANDWICH</b>	\$3.40
	+ \$ .60 GF

## SOMETHING SWEET

<b>FRUIT ICE STICK</b>	\$0 .50
<b>ICY POLE</b>	\$1.40
<b>FROZEN YOGHURT</b>	\$2.20 GF
watermelon + mango	
choc	
blueberry + cookie dough	
<b>BILLABONG</b>	\$1.70
choc or rainbow	
<b>FRUIT JUICE SLUSHEE</b>	\$2.00 GF
<b>LIFESAVER</b>	\$1.40
<b>VANILLA ICE-CREAM</b>	\$1.40 GF
low fat	

## SNACKS

<b>POPCORN</b>	\$0.60	GF
<b>COCO COOKIE</b>	\$0.60	
<b>FRESH FRUIT CUP</b>	\$2.50	GF
<b>CHEESE &amp; CRACKERS</b>	\$2.00	
<b>CUSTARD TUB</b>	\$1.60	GF
<b>PIECE OF FRESH FRUIT</b>	\$0.60	GF
<b>VAALIA YOGHURT</b>	\$2.10	GF
vanilla		
berry		
<b>MESSY MONKEYS</b>	\$1.50	GF
<b>KISS BITES</b>	\$1.50	GF
tropical		
choc		
<b>BOILED EGG</b>	\$0.60	GF
<b>SALAMI STICK</b>	\$1.50	GF

## SUSHI FRIDAYS

*PLEASE PRE-ORDER SUSHI ON THURSDAYS*

### SUSHI ROLLS

<b>TUNA &amp; AVOCADO</b>	\$3.00	GF
<b>CHICKEN TERIYAKI</b>	\$3.00	GF
<b>CHICKEN &amp; AVO</b>	\$3.00	GF
<b>AVOCADO</b>	\$3.00	GF
<b>BEEF TERIYAKI</b>	\$3.00	
<b>CHICKEN HONEY</b>	\$3.00	
<b>SOY</b>		
<i>all sushi comes with 1 soy</i>		
<i>sauce</i>		

### VIETNAMESE

#### ROLLS

<b>CHICKEN TERIYAKI</b>	\$3.30	GF
<b>CHICKEN</b>	\$3.30	
<b>TANDOORI</b>		
<b>CHICKEN HONEY</b>	\$3.30	
<b>SOY</b>		
<b>BEEF TERIYAKI</b>	\$3.30	
<i>all Vietnamese rolls come with</i>		
<i>1 soy sauce</i>		

**CHICKEN TERIYAKI** \$7.70  
**BENTO BOX**

**CHICKEN TERIYAKI** \$4.70  
**SALAD**

## DRINKS

<b>SMOOTHIES</b>	\$4.00
berry GF/DF	
mango	
<b>BREAKER 300ML</b>	\$2.20
choc	
strawberry	
<b>PLAIN MILK 300ML</b>	\$1.80
<b>FRUIT POPPER</b>	\$1.50
<b>250ML</b>	
apple	
orange	
apple-blackcurrant	
<b>WATER 600ML</b>	\$1.00
<b>ZYMIL LACTOSE</b>	\$4.00
<b>FREE MILK</b>	
strawberry	
choc	

