

TERM 1 2015 MT MEE TUCKSHOP MENU

Pre-order for 1st break only	
Fresh Food	
Sushi (1 x Nori Roll):	
Vegetables Only*#	\$2.00
Chicken & Veg*	\$2.50
Tuna & Veg*	\$2.50
Ham, Chicken or Salad# Sandwich	\$2.00
(Salad = lettuce, tomato, cucumber, carrot, beetroot)	
Extras: cheese*, salad*, roll, wrap or bowl*	\$0.50@
Fruit Salad & Yoghurt*#	\$3.00
Goody Bag*#(cheese, rice crackers, dried fruit & nuts)	\$3.00
Hot Food	
Corn cob*#	\$1.00
Jacket Potato*:	
Cheese & sour cream*#	\$2.00
Salsa, avocado & sour cream*	\$3.00
Ham/Chicken,cheese & sour cream*	\$3.50
Jaffle triangles (2pcs):	
Cheese#	\$1.50
Cheese & tomato#	\$2.00
Baked Beans#	\$2.00
Spaghetti#	\$2.00
Ham & cheese	\$2.50
Chicken & cheese	\$2.50
Pizza:	
Cheese only#	\$2.00
Ham & cheese	\$2.50
Ham & Pineapple	\$3.00
Chicken Nuggets (6pcs)	\$3.00
Vege Fingers# (3pcs)	\$3.00
Hot Dog	\$2.50
Extras: cheese	+\$0.50
Beef burger or Chicken schnitzel burger	\$4.00
Tomato & bbq sauce are free. Please specify with order	

* = Gluten free

= Vegetarian

Green items = eat plenty of these healthy choices

Amber items = select carefully from these food choices

Red items = restricted to one item per person per week

- Term 4 tuckshop will be open on **Tuesdays**
- **All tuckshop bags** (including money in the bag) are to be placed in the school office letterbox by **9am Monday** (unless prior arrangement)
- Please write on separate lunch bags for 1st & 2nd breaks and please do not staple or tape bags.
- Please write child's name, class number, 1st or 2nd break, food items (number & type), price & total on front of bag
- All pre-ordered hot & cold milo, plain milk and frozen food can be collected after 11:15am by presenting the lunch bag to the tuckshop counter

Pre-order or purchase over the counter 1st break only	
Drinks#	
Plain Milk*	\$0.50
Cold or Hot Milo	\$0.80
Breaka: Choc* or S/berry*	\$1.50
Juice Popper*	\$1.50
LOL: Raspberry/Blackcrrnt*	\$2.00
Frozen Food#	
Frozen Pineapple ring, grapes or banana*	\$0.50
Quelch fruit stick*	\$0.50
Smooze fruit block*	\$0.80
Mini fruit Calippo*	\$1.00
Frozen Yoghurt Iceblock*	\$1.00
Choc Paddlepop	\$1.00
Cyclone*	\$1.20
Frozen Fruit Salad* (pineapple, grapes, banana, berries)	\$1.50

Pre-order 2nd break only	
Snack Food#	
Apple Slinky*	\$0.50
Protein Balls (2pcs)*#	\$1.00
Popcorn*	\$1.00
Homebake	\$1.00
Gluten free Homebake*	\$1.00
Munch bag*(dried fruit/nuts)	\$2.00