

Tuckshop



Sandwiches

Ham or chicken or tuna	4.00
Ham and salad #	6.00
Egg	3.50
Egg and lettuce	4.00
Salad #	5.00
Chicken and salad #	6.00
Chicken and cheese	4.50

Please note: basic salad for sandwiches includes lettuce, carrot, tomato, cucumber, beetroot and cheese.

Toasties:

With 1 filling	4.20
With 2 fillings	4.80
With 3 fillings	5.40

(Gluten free bread available for all sandwiches/toasties. Extra \$0.50)

Rolls & Wraps

Ham or chicken or tuna	4.40
Meat and salad	6.60
Egg	4.20
Egg and lettuce	4.80
Salad	5.40
Sweet chilli chicken wrap and salad	6.50
Chicken tenderloin and salad wrap	7.00
Half chicken tenderloin and salad wrap	3.50

Burgers

Cheeseburger	4.50
Chicken burger (lettuce and mayo)	4.60
Genesis chicken schnitzel burger (with salad and pineapple)	7.00

Salads

Chicken Caesar salad	7.50
Salad tub (just salad)	6.00
Salad with meat (chicken or ham)	7.00
Special tossed salad	6.80
Special tossed salad (half)	3.40
Quiche and salad	7.00

Hot Food

Beef lasagne	4.80
Cheerios with tomato sauce	3.80
Chicken or beef gravy sub	4.20
Dinosaur snacks (5)	2.80
Dinosaur snacks and gems (5+10)	4.60
Fried rice GF	4.80
Garlic bread	2.20
Gems (20)	3.50
Hash brown	1.40
Hotdog with tomato sauce	3.20
Macaroni cheese	4.80
Meat pie (low fat)	3.80
Noodles	2.40
Nuggets (5)	2.80
Nuggets (5) GF	3.00
Nuggets and gems (5+10)	3.80
Pasta bolognese	4.80
Pizza singles	3.00
Pizza slice GF	3.80
Quiche	4.20
Quiche with salad	7.00
Sausage roll	3.20
Shepherd's pie GF	5.00
Veggie lasagne	4.80
Wedges with sour cream	5.00

Desserts

Frozen yoghurt	2.20
Choc custard	0.80
Jelly cup	1.20
Jelly and fresh fruit	1.40
Jelly and custard	1.40
Fruit salad tub	4.50
Watermelon tub	4.00

Snacks

Apple slinky	1.00
Seasonal fruit	0.80
Choc chip cookie (large)	2.40
Choc chip cookie (large) GF	2.50
Smarty pants cookie	2.50
Home bake	0.80
Popcorn	1.00
Salami sticks	1.60
Piranha chips GF	1.40
Cheese and crackers	2.20
Jumpys	1.00

Drinks

Breaka 250ml	2.00
Dare milk	3.70
Flavoured milk 300ml	2.20
Flavoured milk 500ml	3.20
Poppers 250ml	1.40
Poppers 125ml	1.00
Pop-tops 250ml	1.50
Slush puppies	
- Small	2.50
- Med	3.50
Gatorade	4.00
Water	1.50
Iced Tea 500ml	3.60
Glee Sparkling Water	2.20
Krazy Lemon 200ml	2.20
Krazy Lemon 500ml	3.50
Boost	3.40
Grove Juice 500ml	3.20

Notes:

Items available for Break 1 & 2

GF = Gluten Free

Healthy Eating Guide:

Green = eat plenty

Amber = eat occasionally

Red = eat rarely