

HOW TO ORDER

All orders for Big Lunch must be pre-ordered.

1. Write your order on a Paper Bag, large enough for your child's lunch. Clearly mark your child's name, class, the order required and total amount.
2. Morning tea can be pre-ordered or bought over the counter.
3. If possible, correct money is appreciated. If not, change will be taped inside the corner of your child's lunch bag. No foreign money accepted.
4. Lunch orders will be delivered to each class. Some items must be collected directly from the Tuckshop, and are marked 'CFT' (Collect From Tuckshop).

Prices are subject to change and will be advertised in the weekly school newsletter. Your feedback is welcome.



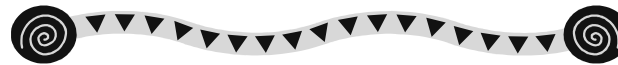
TUCKSHOP HOURS

Serving times: 8.15am – 1.15pm.

VOLUNTEERS FOR TUCKSHOP 2009

Our tuckshop relies on the support of volunteers made up of family members; mums, dads, grandparents and carers. If you are able to volunteer your precious time it would be greatly appreciated. In return we offer friendly company and a cup of tea over laughter, a chat and a provided lunch if staying longer. So **PLEASE** kindly consider offering your time; it's a great way to make a contribution to the school and a fantastic opportunity to meet new parents.

Yours kindly,
Cheryl Turner
Tuckshop Convenor



DONATIONS

To keep Tuckshop prices down, we would greatly appreciate any donations of the following food items at the start of each month:

- Lite shredded coconut
- Brown sugar
- Avocadoes & seasonal fruit
- Self-raising and plain flour
- Tinned fruit salad (in natural juice)
- Pineapple
- Beetroot
- Jelly
- Lite margarine

Thank you!



2009

SMART CHOICES



TUCKSHOP

★ MENU ★

Ph: 5471 9339

Convenor: Cheryl Turner

DAILY SMART CHOICES

MONDAY (only):

Pizza \$2.80

- Hawaiian
- Margarita

TUESDAY (only):

Potato Nachos \$3.50

Wedges, sour cream,
Salsa, Cheese
Collect From Tuckshop

WEDNESDAY (only):

Go Sushi \$2.40

Chicken Teriyaki, Chicken/Avo/Mayo, Tuna,
Avocado, Veg

Collect From Tuckshop

THURSDAY (only):

Hot Dog only \$2.60

Meal Deal Day \$5.25

➤ Hot Dog with Rush 500ml

➤ Chicken Wrap with Breaka
300ml

Collect drinks from Tuckshop

FRIDAY (only):

Burger Day \$4.50

- Lite Chicken Burger (with mayo, lettuce, tomato, carrot)
- Lite Beef Burger (with Bbq sauce, lettuce, tomato, carrot)

SALADS & SANDWICHES

Sandwich Menu

All available on wholemeal, grain or white bread. Rolls or Lavash add 60c

Cheese add 60c

- Vegemite, jam or honey 1.50
- Cheese 1.80
- Ham 2.60
- Egg & lettuce 2.80
- Chicken 3.00
- Salad (Lettuce, tomato, carrot, cucumber, beetroot) 3.50
- Salad incl. Choice of egg, ham or chicken 4.50

Salad Bowl Menu

- Salad 4.00
- If adding the following items to your salad add an extra \$1.00
- Chicken, Egg or Ham 5.10
- ❖ Dressings: Italian or Caesar Free

Toasties

- Cheese 1.80
- Cheese and Tomato 2.40
- Just Ham 2.60
- Just Chicken 3.00
- Ham and cheese 3.20
- Chicken and cheese 3.60
- Cheese, ham and pineapple 4.20

Additional filling, add 60c ;

Cheese, Avocado, Pineapple, Tomato, Onion.

Hello Panda 60c

ICE CREAMS from \$1.00

Chip Varieties \$1

MORNING TEA

Fresh Fruit	1.00
Slinked Apple	1.00
Apple from home	.20
Fruit Salad	1.80
Add yoghurt	2.30
Add custard	2.30
Custard	1.20
Yoghurt 175gm	1.80
Jelly Fruit cup	1.10
Pikelet (butter & jam)	.20
Chicken Goujon (pack of 6)	2.70
Low fat Sausage Roll	2.60
Low fat Party Pie	1.00
Lite Mince Pie	3.00
Lite Chunky Meat Pie	3.00
Lite Lentil & Sweet Potato Pie	3.00
Lite Chicken Pie	3.00
Vegetable & Curry Roll	3.00
Sauce Sachet – Bbq or Tomato	.30

LUNCH

Chicken Goujons (pack of 6)	2.70
Corn cob	1.00
Chicken Torpedo (chicken tender, lettuce, tomato, mayo or sweet chilli)	4.00
Lasagne	3.30
Spaghetti Bolognese	3.30
Baked Potato with cheese or Sour cream	3.00
Pies/Sausage Rolls (listed above)	
Lite Apple Pie	2.50
Sauce Sachet – Bbq or Tomato	.30

DRINKS

▶ All to be Collected from Tuckshop ◀

Water	1.00
Play Fruitwater (Lunch only) 350ml	2.00
Plain Milk 300ml	1.00
Flavoured Milk 300ml	1.80
Rush Choc or Vanilla 500ml	2.90
Fruit Juice 250ml	1.20
350ml	1.80