

# St Joseph's Primary School

## Tuckshop Menu 2018



### SANDWICHES

Cheese or Vegemite	\$2.00
Cheese & Tomato	\$2.00
Salad (lettuce/cheese/tomato/carrot)	\$3.80
Chicken Breast or Ham	\$3.20
Chicken Breast or Ham & Cheese	\$3.50
Chicken or Ham, Cheese & Tomato	\$3.80
Chicken Breast or Ham & Salad	\$4.00
Pineapple, Beetroot	30c ea
Toasted Sandwiches	add 50c
Sandwiches from home (not on Fridays)	50c ea

### WRAPS FULL

Salad	\$3.80
Ham & Salad	\$4.00
Chicken Breast & Salad	\$4.00

### HOT FOOD

Lite Party Pies (low fat, low salt)	\$1.20
Lite Sausage Rolls (low fat, low salt)	\$3.50
Traveller Pie (low fat, low salt)	\$4.00
Lasagne	\$4.00
Nugget (chicken breast in tempura batter)	\$ .70
Chicken Burger (lettuce, lite mayo)	\$4.00
Tomato Sauce	\$ .50
BBQ Sauce	\$ .50
Cup of Chicken Noodles (low salt)	\$3.00

### FRIDAYS ONLY

PIZZA (Pizza Hut) (Vegetarian or Hawaiian).....	\$4.00
--	--------

### FRUIT (when in season)

"EAT TWO PIECES OF FRUIT A DAY!"

Apple Slinky "DELICIOUS" All Year	\$1.00
Mandarin All Year	\$1.00
Watermelon Slice	\$1.00
Fresh Orange Wedge All Year	\$ .20
Cup of Grapes (in season only)	\$1.50

### DRINKS

Choc/Strawberry Milk (99% fat free)	\$2.00
Fruit Box (apple, orange, tropical, apple/blcrnt)	\$1.50
Bottled Water (Plain)	\$1.50
Flavoured Water (lemonade, blackcurrant)	\$2.00
Cup of Milo (warm or cold)	\$1.00

### FROZEN SNACKS

Zooper Dooper	\$ .50
Paddle Pop (choc, rainbow)	\$1.50
Mini Calippo (30% fruit juice)	\$1.50

### SNACK ATTACK!

Popcorn (nut & gluten free - 20gm)	\$ .80
Jelly	\$ .50
Anzac or Choc Chip Biscuit	\$ .50
Chocolate Mousse	\$1.00
Jumpys (BBQ, chicken - 18gm)	\$1.00
Deli Chips (honey soy, s&v, plain, sweet chili)	\$1.00
Rice Crackers (20gm pkt)	\$ .50
Muffin/Muffin Bar (choc chip, chocolate)	\$1.00
Dip-It (crackers & cheese dip)	\$1.00
Wafer Sticks	\$ .20