

NSDS TUCKSHOP MENU

Healthier Options

Your Tuckshop follows the Government Guidelines for Healthy Tuckshops

If possible, please place correct money in a appropriate sized paper bag with your Child's name, class & order written on the front --- change will be given if needed.

Please include 10c if you do not have a lunch bag and we will provide one for you.

They are also available from the tuckshop in bundles of 20 for \$1.00.

Super Sandwiches

Vegemite	\$2.50
Cheese	\$2.50
Cheese & Vegemite	\$3.00
Cheese & Tomato	\$3.00
Egg	\$3.20
Baked Beans	\$3.20
Tuna	\$3.20
Salad	\$3.50
Salad with Cheese	\$4.20
Salad with Ham	\$4.20
Salad with Chicken	\$4.20
Ham	\$3.30
Ham & Cheese	\$3.80
Ham, Cheese & Tomato	\$4.00
Roast Chicken	\$4.00
Roast Chicken, Lettuce & Mayo	\$4.20

Salads

Garden Salad	\$4.00
Lettuce, tomato, carrot, cucumber with dressing	
Chicken Salad	\$4.50
Garden salad with chicken pieces	
Egg Salad	\$4.50
Garden salad with hard-boiled egg	
Cheese Salad	\$4.50
Garden salad with cheese	
Tuna Salad	\$4.50
Garden salad with tuna	

Extras for sandwich/salad – 50c each

- lettuce • carrot • cucumber • mayo
- tomato • cheese •

Drinks

Plain milk (300ml)	\$1.40
Flavoured milk (250ml)	\$1.60
Chocolate, Strawberry	
Just Juice -	\$1.60
Apple & Blackcurrant, Orange,	
Paradise Punch	
Water (400ml)	\$1.40

2017 PRICE LIST

Wacky Wraps

Chicken	\$4.50
Chicken, Tomato, Lettuce Mayo	
Ham	\$4.50
Ham, Tomato, Lettuce, Cucumber	
Tuna	\$4.50
Tuna, Tomato, Lettuce, Cucumber	
Cheese	\$4.50
Cheese, Tomato, Lettuce, Cucumber	
Hawaiian	\$4.50
Chicken, Tomato, Lettuce, Pineapple	
Any extra fillings add 40c each	

Daily Specials

TUESDAY	<p>Whole Baked Potato - \$4.50 Cheese + one topping chicken, ham, tuna, corn, baked beans</p>												
WEDNESDAY	<p>Once a Week</p> <table> <tr><td>Meat pie</td><td>\$4.00</td></tr> <tr><td>Mini pie</td><td>\$1.00</td></tr> <tr><td>Sausage roll</td><td>\$4.00</td></tr> <tr><td>Chicken</td><td>\$4.00</td></tr> <tr><td>Strips</td><td></td></tr> <tr><td>Tomato sauce</td><td>30c</td></tr> </table>	Meat pie	\$4.00	Mini pie	\$1.00	Sausage roll	\$4.00	Chicken	\$4.00	Strips		Tomato sauce	30c
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Mini pie	\$1.00												
Sausage roll	\$4.00												
Chicken	\$4.00												
Strips													
Tomato sauce	30c												
THURSDAY & FRIDAY	<p>Sushi - \$4.00 vegetarian cooked tuna teriyaki chicken Cucumber</p>												

Hot Food

Pizza; Hawaiian	\$4.00
Pizza; Margarita	\$4.00
Mac & Cheese	\$4.50
Lasagne (beef)	\$4.50
Lasagne (veg)	\$4.50
Spaghetti Bolognese	\$4.50
Potato Bake	\$4.50
Hot cheese roll	\$2.80
.....with tomato	\$3.20
.....with ham or chicken	\$3.20
Fried Rice	\$4.50
Spinach & Ricotta roll	\$4.00
Hard-boiled egg	\$1.00
Corn on the Cob	\$1.00

Healthy Choice

Snacks

Apple	80c
Carrot sticks	70c
Cucumber sticks	70c
Cherry tomatoes	90c
Mixed bag (includes the above 3)	\$1.00
Frozen fruit	20c

Other Snacks

Crackers	5c
Licorice	10c
Jelly cup	50c
Pikelets	50c
Cheese melt (recess only)	50c
Arnotts plain biscuit x 2	50c
Popcorn	50c
Sea Salt Chips	\$1.30
Ovalteenies	\$1.30

Frozen Fun

Fozen Fruit	20c
Fruit tubes	50c
Calipos	\$1.00
Icy poles	\$1.30
Paddle pops	\$1.50
Frosty Fruits	\$1.70
Bulla Frozen yoghurt	\$1.50
Twisted Frozen yoghurt	\$2.00
Vanilla Ice Cream tub	\$1.00