

## HOW TO ORDER

Please place your child's order on a paper bag  
OR Stickybeaks insulated bag and children  
can place the bag in their class boxes in front  
of the Tuckshop/in prep rooms before  
school.

Please label bags clearly with:



**Child's Name**

**Class**

**Special requests/allergies**

**\$ ORDER TOTAL \$**

## **ALLERGIES & INTOLERANCES**

Menu items have been marked with **GLUTEN FREE (GF)**  
and **DAIRY FREE (DF)** where advised.

Please note that we do our very best to accommodate  
all food allergies & requests, but all foods are prepared  
in a kitchen that provides foods of all kinds.

**Please speak to our Tuckshop Convenor to discuss your  
child's individual needs.**

## **STICKYBEAK INSULATED BAGS**



Stickybeak Bags are an insulated lunch  
bag made especially with school  
tuckshop orders in mind.

They are a great optional and reusable choice that  
come in either BLUE, GREY or RED for \$10.

Please purchase at the tuckshop BEFORE SCHOOL.



## **TERM 1 2020 – SUMMER MENU**

**OPEN - WED/THURS/FRI**

**FIRST BREAK ONLY**

**& ICE-BLOCKS (AFTER LUNCH)**

## **CONTACT DETAILS**

Tuckshop Convenor:

Frances Deguara

Frances\_Deguara@rok.catholic.edu.au

# Can you help?

St John's Tuckshop is run with the help of  
some FABULOUSLY WONDERFUL &  
GENEROUS community members who  
volunteer a few hours a month of their  
valuable time.

## **WE ARE IN NEED OF MORE VOLUNTEERS!**

Can you help?

- Around 3 hours (or whatever you can spare!) usually around twice a term
- all training provided
- your kids LOVE it
- meet new people
- have great conversations
- *get a free lunch!*

Please note that although we welcome  
ALL volunteers, non-parents will need a  
blue card.

Please contact our Tuckshop Convenor for  
more information.



## SANDWICHES & WRAPS

### Sandwiches (white or wholemeal):

Vegemite/Strawberry Jam/cheese	\$1.50
Egg, mayo & lettuce	\$3.00
Fresh Ham/Chicken	\$3.00
+ cheese	\$0.50
+ tomato	\$0.50
Toasting	\$0.20

### Wraps:

	<u>MINI</u>	<u>REG</u>
Fresh Ham/Chicken	\$4.00	\$5.00
+ cheese & salad (lettuce, tomato & carrot)		
Chicken Tender	\$4.50	\$5.50
+ cheese & salad (lettuce, tomato & carrot)		
+ Gluten Free wrap		\$1.50
Tomato/BBQ Sauce/Mayo complimentary		

## FRESH SALADS

	<u>MINI</u>	<u>REG</u>
Garden Salad (GF) (DF option)	\$3.00	\$4.50
Lettuce, Carrot, Tomato, Cucumber, cheese		
+ beetroot		free
+ Egg		\$0.60
+ Ham/Chicken/Tuna (GF)(DF)		\$1.00
Caesar Salad (GF option)	\$4.00	\$5.50
Lettuce, egg, bacon, parmesan cheese, croutons, Caesar dressing		
+ Fresh Chicken (GF)(DF)		\$1.00



**SUMMER  
LUNCH  
BOX**



**Mini Chicken Tender &  
Salad wrap + mayo  
Red Apple Slinky  
Choc Chip Cookie  
Tropical Popper  
\$7.50**

## HOT FOODS

Cupcake Quiche (GF) (Homemade)	\$2.00
+ garden salad	\$2.00
Party Pie	\$1.20
Party Sausage Roll	\$1.50
Chicken Chippies (x4) (DF)	\$2.20
Chicken Tender (GF) (DF)	\$1.50
Sauce squeeze pack - Tomato/BBQ	\$0.30



## HEALTHY SNACKS (GF, DF)

Seasonal Fruit Salad Cup	\$2.00
Carrot OR cucumber sticks	\$1.00
Red or Green Apple Slinky	\$1.00
Air Popped Pop Corn	\$1.00
Rice Crackers	\$1.00
- BBQ/Plain	
Sultanas	\$0.50

## Nibble Monster

Keep those hangry feelings at bay with this  
monster snack pack!

Popcorn, Chocolate Brownie, Sultanas and  
Carrot Sticks  
\$3.50



## TREATS

Chocolate Brownie (GF) (DF)	\$1.50
Giant Cookie - Choc Chip	\$1.00
Pikelets (x2) with butter & jam	\$2.00

## DRINKS

100% Juice Popper – Apple/Tropical	\$2.00
Flavoured Milk – Chocolate/Strawberry	\$2.00

### WEDNESDAY SPECIAL

#### Pizza Day!

A delicious treat made fresh in the tuckshop!

Bacon & Cheese OR BBQ Chicken & cheese

**\$3.00**

### THURSDAY SPECIAL

#### Taco Thursday!



Our famous delicious & nutritious Mexican mince recipe!

'Loaded' mini taco boats. Includes lettuce, tomato, sour  
cream & cheese

**\$4.50 For 2 TACOS + \$2.00 for extra tacos**

### FRIDAY SPECIAL

#### Burger Day!

Choose from Chicken, Fish or Beef **\$4.00**

+ Add cheese **50c**

+ Add salad (lettuce, tomato & carrot) **50c**

+ your choice of sauce/mayo

## ICY TREATS

### Cash only – NO pre-orders

Bulla Vanilla Ice Cream Cup (GF)	\$1.00
Lemonade Twist	\$1.00
Mini Calippo	\$1.50
Moosie - chocolate/blue moon (GF)	\$1.50
Paddle Pop	\$2.00
- chocolate/rainbow	



**GF = Gluten Free    DF = Dairy Free**