

## ALLERGIES & INTOLLERENCES

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Menu items have been marked with GLUTEN FREE and DAIRY FREE 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

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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 or RED for \$10.



Please purchase at the tuckshop BEFORE SCHOOL Mon/Wed/Fri

## CONTACT DETAILS

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Tuckshop Convenor:  
Frances Dequara

[Frances\\_Dequara@rok.catholic.edu.au](mailto:Frances_Dequara@rok.catholic.edu.au)

# Volunteers Wanted!

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 always looking for more people to join our teams!  
Can you help?

- Approx 3 1/2 hours p/month
- 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/guardians \*may\* need a blue card.

Please contact our friendly Tuckshop Convenor to get more information or to assist.



TERM 2 2019

OPEN - MON/WED/FRI  
FIRST BREAK  
& ICE-BLOCKS

Please place your child's order on a paper bag OR Stickybeaks insulated bag and place 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/allergen info
  - total order cost.

## SANDWICHES & WRAPS

Sandwiches:		
Vegemite/Strawberry Jam		\$1.50
Egg, Mayo & lettuce		\$3.00
Fresh Ham/Chicken/Tuna		\$3.50
+ cheese		
+ salad		\$4.00
Wraps:	MINI	REG
Fresh Ham/Chicken/Tuna		
+ cheese & salad	\$4.00	\$5.00
Crumbed Chicken Tender		
+ cheese & salad	\$4.00	\$5.00
Caesar Salad		
+ fresh chicken/chicken tender	\$5.00	\$6.00
Toasting		\$0.20
Tomato/BBQ Sauce/Mayo complimentary		
Salad includes: Lettuce, Tomato & Carrot		

## FRESH SALADS

	MINI	SM	LG
Garden Salad 	\$2.50	\$4.00	\$5.00
Lettuce, Carrot, Tomato, Cucumber, cheese			
+ beetroot on request			
+ Egg 50c extra			
+ Ham/Chicken/Tuna	\$3.00	\$4.50	\$5.50
Caesar Salad	\$3.00	\$4.50	\$5.50
Lettuce, egg, bacon, parmesan cheese, croutons, Caesar dressing			
+ fresh chicken	\$4.00	\$5.00	\$6.00

## LUNCH BOX SPECIAL!



Mini ham/chicken wrap  
Apple Slinky  
Cookie Popper  
\$7.00

## OVEN BAKED FOODS



Party Pie		\$1.20
Large Meat Pie		\$3.50
Sausage Roll		\$3.00
Chicken Chippies (x4)		\$2.00
Chicken Tender	 	\$1.50
Hash Brown	 	\$1.50
Mini Pizza - Ham & Pineapple		\$3.00
Mini Pizza - Bacon & Cheese		\$3.00
Crumbed Fish		\$3.00
Sauces - Tomato/BBQ		\$0.20

## BURGERS

Crumbed Chicken Fillet Burger	\$4.00
+ cheese & salad	\$5.00
Crumbed Fish Burger	\$4.00
+ cheese & salad	\$5.00
Sauces - Tomato/BBQ/Mayo	



## HEALTHY SNACKS

Carrot OR cucumber sticks	 	\$1.00
Cream Cheese  /Guacamole dip*	 	\$1.00
Red or Green Apple Slinky	 	\$1.00
Air Popped Pop Corn	 	\$1.00
Rice Crackers	 	\$1.00
- BBQ*/Sour Cream & Chives/Plain*		

## SNACK ATTACK PACK

Rice Crackers, carrot & cucumber sticks, dip of choice, sultanas  
\$4.50



## TREATS

Chocolate Brownie	\$1.50
Giant Cookie - Choc Chip/ANZAC/DbI Choc	\$1.00
Pikelets (x2) with strawberry jam	\$2.00

## ICY TREATS

Paddle Pop	\$2.00
- chocolate/rainbow/choc mint	
Vanilla Ice Cream Cup	 \$1.00
Lemonade Twist	  \$1.00
Mini Raspberry & Pine Calippo	\$1.50
Moosie - chocolate/blue moon	  \$1.50



## DRINKS

Juice Popper - Apple/Tropical/Orange	\$2.00
Milk Popper - Chocolate/Strawberry	\$2.00

## MONDAY SPECIAL

Pasta Bolognese  
Topped with Cheese  
\$4.50



## WEDNESDAY SPECIAL

Fried Rice  
Rice, Bacon, Peas, Corn, Carrot, Soy Sauce  
\$4.50



## FRIDAY SPECIAL

Mini Taco Boats (x2)  
with lettuce, cheese & sour cream  
Nachos  
Topped with cheese & sour cream  
\$4.50

