

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 always looking for more people to join our teams!

Can you help?

- Approx 3 1/2 hours usually 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/guardians *may* need a blue card.

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

ALLERGIES & INTOLLERENCES

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** or **RED** for \$10.

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



CONTACT DETAILS

Tuckshop Convenor:
Frances Deguara
Frances_Deguara@rok.catholic.edu.au



TERM 4 2019 – SUMMER MENU

OPEN - WED/THURS/FRI

FIRST BREAK ONLY

& 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/Strawb Jam/cheese	\$1.50
Egg & lettuce	\$3.00
Fresh Ham/Chicken	\$3.00
+ cheese/tomato (each)	\$0.50
Toasting	\$0.20

Wraps:

	<u>MINI</u>	<u>REG</u>
Fresh Ham/Chicken/Chicken Tender		
+ cheese & salad	\$4.00	\$5.00
Caesar Salad	\$4.50	\$5.00
+ fresh chicken		\$1.00
NEW Gluten Free wraps		\$0.50

Tomato/BBQ Sauce/Mayo complimentary
Salad includes: Lettuce, Tomato & Carrot

FRESH SALADS

	<u>MINI</u>	<u>REG</u>
Garden Salad (GF) (DF option)	\$3.00	\$4.50
Lettuce, Carrot, Tomato, Cucumber, cheese		
Caesar Salad (GF/DF option)	\$4.00	\$5.50
Lettuce, egg, bacon, parmesan cheese, croutons, Caesar dressing		
+ beetroot		free
+ Egg		\$0.50
+ Ham/Chicken/Tuna (GF)(DF)		\$1.00

**SUMMER
LUNCH
BOX
SPECIAL!**



Mini Chicken Tender & Salad wrap
Red Apple Slinky
Chocolate Brownie
Tropical Popper
\$7.00

OVEN BAKED FOODS



Party Pie	\$1.20
NEW Party Sausage Roll	\$1.20
Chicken Chippies (x4) (DF)	\$2.00
Chicken Tender (GF) (DF)	\$1.50
Fresh-made Mini Pizza - Bacon & Cheese	\$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 (GF, DF)

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	
NEW Sultanas	\$0.50

Nibble Monster

Keep those hangry feelings at bay with this snack pack!

Popcorn, choc chip cookie, sultanas and carrot
\$3.00



GF = Gluten Free DF = Dairy Free



TREATS

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

DRINKS

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

WEDNESDAY SPECIAL

Chicken & Rice Bowl (GF) (DF)

Fresh chicken with rice, carrot, cucumber & boiled egg.
Served cold with warm rice. Soy sauce (GF) - add 50c
\$4.00

THURSDAY SPECIAL

Cheeseburger

Fresh Bread bun, beef pattie, cheese slice, lettuce and tomato sauce
\$4.50

FRIDAY SPECIAL

Hot Dog

Fresh Bread bun with skinless frankfurt.
Add cheese 50c
\$4.00

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	

