**Tuckshop Menu Selection, 2014**

(Open Wednesdays, Thursdays and Fridays)

**MORNING TEA**
(10.40am)

- Apple slinkies
- Watermelon tub
- Bag of carrot & cucumber sticks
  - Add: hommus dip
  - Add: 4 x crackers
- Cheese & 4 crackers
- Jelly – plain, with custard or with fruit
- Fresh popcorn bag
- Bulla frozen yoghurt tub (mango or strawberry)
- Muffins - chocolate or apple & cinnamon
- Pikelets with butter & jam
- Gingerbread Student
- Choc Chip Cookie
- GF chocolate slice
- Garlic Bread
- Bag of potato wedges

**LUNCH**
(12.40pm)

- Plain or Potato Topped Pie
- Angus Beef Lasagne
- Macaroni & Cheese
- Spaghetti Bolognaise
- Chicken Breast Fingers x 6
- Low-fat Hot Dog with sauce
- Sausage roll w/sauce
- GF beef pie 175g
- Pizza round - ham & cheese, plain cheese or ham, cheese and pineapple
- Chicken tender roll (crumbed chicken fillet, cheese, lettuce & mayo)
- Wing dings x 2(chicken wings marinated in soy, garlic & honey)
- Hamburger with salad
- GF Rice paper rolls
  - Choose 1 of salmon, chicken, tuna or ham **with:** lettuce, carrot, cucumber and mayo
- Salad bowl - choose 1 of egg, ham, chicken, tuna or avocado
- Sandwiches/Rolls/Wraps
  - Vegemite/Honey/Jam/Cheese
  - Chicken, Ham, Tuna or Egg
  - Extras
    - add avocado
    - add salad (lettuce, carrot, cucumber, beetroot, tomato & cheese) **FREE TOASTING**

**MORNING TEA DRINKS**

- Plain milk
- Flavourured Breaka UHT Milk. Chocolate, strawberry or vanilla
- Nudie Tropical Juice
- Popper Juice - Apple or Tropical
- Water

**LUNCH DRINKS**

- Play Water (various flavours)
- LOL Drinks (various flavours)
- Krazy Lemon (homestyle lemonade)
- Iced Tea (watermelon & strawberry)

**OVER THE COUNTER SALES**
(lunchtime)

- Red Rock Deli chips and Shapes
- Ice Blocks- eg. Zooper Doopers, Paddle Pops
- Slushies