

TUCKSHOP MENU: Term 4, 2018

Please ensure your child's name and class is written on their order
 Orders for 1st & 2nd break in by 9am please



WEDNESDAY SPECIALS

- Nachos (GF)** \$4.00
 Home-made bean mix, cheese and sour cream (optional) – served warm
- Nori Roll (V,GF)** ½ \$3.00 Whole \$5.00
 Seasoned rice with fresh veg – served cold

FRIDAY SPECIALS

- Black Rice & Bean Burrito** \$4.00
 Black rice, beans, corn, tomato, cheese & sour cream (optional) - served warm (GF option)
- Veggie Poke Bowl (V,GF)** \$4.00
 Raw vegetables and legumes with sesame rice noodles - served cold

AVAILABLE EVERY WEDNESDAY & FRIDAY

1st Break – class tray collected from tuckshop

- Spinach & Feta Roll** \$4.00
- Spinach & Feta Roll (GF)** \$4.50
- Veggie Nut Roll (V)** \$4.00
- Salad Wrap** ½ - \$3.50 Whole - \$6.00
 Salad, cheese, mayo & either pesto or hummus - V/GF Options
- Sweet Muffin (V)** \$2.00
- Bliss Ball (V, GF)** \$2.50
- Fruit Salad (V, GF)** \$2.00
- Popcorn (V, GF)** \$1.00

2nd Break – student to collect from tuckshop

- Fresh Fruit Smoothie (Non-Dairy Option)** \$2.00
 Made from real fruit
- Pumpkin Scone (V)** \$2.00
 Served warm with Nuttalex and Jam

ICEBLOCKS \$1.00

Made from real fruit juice, no sugar added
 Ice blocks can be purchased from the tuckshop at 1st and 2nd break. Pre-ordering is available for ECC and Puggles only :)

Please contact Mardi on:
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if you have any questions or want to volunteer in the tuckshop for energy levy.