

TUCKSHOP PRICE LIST 2022



SANDWICHES & WRAPS		SUSHI – FRESH DAILY		HOT FOOD	
On wholemeal bread & wraps	Price	ALL \$3.00			Price
Vegemite	\$3.00	Chicken Teriyaki Avocado Chicken & Avocado Tuna Tuna & Avocado Tuna & Cucumber Salmon & Avocado Chicken Rice Paper Roll Vegetable Rice Paper Roll Prawn tempura Vegetable tempura		Vege dog	\$3.50
Cheese	\$3.00			Vege dog with cheese	\$4.00
Cheese & vegemite	\$3.00			Chicken & gravy roll	\$4.00
Cheese & tomato	\$3.00			Lasagne	\$5.00
Egg (plain)	\$3.00			Vegetable lasagne	\$5.00
Egg & lettuce	\$3.00			Homemade cheese puffs <i>*Wednesday and Thursday</i>	\$1.00
Chicken	\$3.00			Party pie 45g (local bakery)	\$2.00
Ham	\$3.00			Large pie 150g (local bakery)	\$5.00
Tuna	\$3.00			2-minute noodles	\$2.50
Chicken & cheese	\$3.40			Chicken nuggets (3)	\$2.50
Ham & cheese	\$3.50			Hot dog	\$3.50
Tuna & cheese	\$3.40			Hot dog with cheese	\$4.00
Chicken, cheese & tomato	\$4.00			Sausage roll (local bakery)	\$4.00
Ham, cheese & tomato	\$3.80			Wedges plain	\$4.00
Tuna, cheese & tomato	\$3.80			Pizza ham & cheese	\$4.00
Salad	\$4.50			Pizza ham, cheese, pineapple	\$4.00
Chicken & salad	\$5.00	+ sauce (tomato, BBQ, sweet chilli)	0.30c		
Ham & salad	\$5.00	SALAD BOWL Lettuce, tomato, carrot, cucumber, cheese Add chicken, ham, tuna or egg + French dressing or mayo			
Tuna & salad	\$5.00				
As a wrap, or toasted – extra	0.50c				
SNACKS		DRINKS		FROZEN SNACKS	
Fresh piece of fruit	0.50c	Bottled water	\$1.50	Quelch	0.50c
Boiled egg	0.50c	Milk (chocolate)	\$2.20	Ice Mony	\$1.00
Corn on the Cob	0.60c	Milk (strawberry)	\$2.20	Frozen jelly cup	0.20c
Fresh fruit cups	\$2.00	Juicee Crush popper	\$2.20	Frozen juice cups	0.50c
Muesli/yoghurt fruit cup	\$3.00	Slush Puppie	\$2.50	Frozen choc cups	0.50c
Popcorn	\$1.00	Chilli J sparkling juice	\$2.50	Snap Stixx	\$1.00
Fresh home bake	0.50c			Paddle Pop	\$1.50
Cup cake	\$1.00			Frozen yoghurt	\$2.50
Red Rock chips sea salt	\$1.00	BIRTHDAY ICE BLOCKS to celebrate your child's birthday! We cater for class parties! Birthday ice blocks are Australian made from 99% fruit juice, and from 0.50c per student. Order online.			
Grain Waves chips	\$1.00				
		<ul style="list-style-type: none"> > choose Break 1 or 2 > select your child's name > select the ice blocks > select the date > select your child's class > choose the type you wish to order 			
NSW HEALTHY SCHOOL CANTEEN STRATEGY We are committed to providing students with nutritious food and drink options in accordance with the NSW Health School Canteen Strategy. Our menu reflects the mandatory guidelines we are required to comply with. Food and drink choices offered to students come from the 'Everyday' (green items) and occasional (black items) categories.					