

HEALTHY LUNCHES

SEE COLOUR CODE ON THE
FOLLOWING MENU

EVERYDAY FOOD = E
Everyday food to be enjoyed every day

OCCASIONAL FOOD = O
Occasional or “some-times” food

SOME PRODUCTS ARE ALSO
MARKED (V); VEGETARIAN

During Recess and Lunch Times there will
be a variety of home-made snacks and
meals available

Snacks 50c/\$1.00

Bowl \$2.50

These rotate weekly and will be listed on
the school newsletter

ENQUIRIES – 6021 4464

Anne Phegan, Tuckshop Co-ordinator

BSB 062500

ACC 00931193

Ref: lunch/child's name



WEDNESDAY, THURSDAY, FRIDAY

Tuckshop Volunteers

Welcome to all parents to our Tuckshop
Program for 2019. Volunteering to help at the
tuckshop is a great way of getting to know
other families and is also a very enjoyable
experience.

We require volunteer parents or grandparents
who help make this service possible. Our
roster is run on a monthly basis; if you can be
at the tuckshop by 9:30am and usually finish
by 2pm.

Serving Times

RECESS 10:50 – 11:20 AM

LUNCH 1:25 – 1:55 PM

TUCKSHOP IS UNDER THE GUIDANCE OF
THE NSW CANTEEN ASSOCIATION AND A
LOCAL DIETICIAN

3days Wednesday, Thursday &
Friday Weekly

PRICE LIST

PRICE LIST 2019



Re-Usable Lunch
Bag

\$8

TERMS 3 & 4

OVER THE COUNTER ROTATING SNACKS

TRAIL MIX (V) NO NUTS

Changes weekly, may contain pretzels, dried fruit, banana chips, seeds

\$1.50

WEEKLY SPECIALS: SNACKS

HOME-MADE

ROTATING WEEKLY

CHECK THE NEWSLETTER OR SCHOOLSTREAM

E.g. pinwheels, mini muffins, slices,
quiches, mini-sausage rolls

50c & \$1.00

WEEKLY SPECIALS: – BOWL \$2.50

CHECK THE NEWSLETTER FOR
WEEKLY SPECIALS
EXAMPLES: FRIED RICE, SOUP,
CURRIED SAUSAGES, PASTA BAKE

OVER THE COUNTER

SNACKS + TREATS + DRINKS

DRINKS

WATER

APPLE JUICE

ORANGE JUICE

CHOCOLATE MILK

STRAWBERRY MILK

\$2.50

HOME-MADES: MILK OR JUICE CUPS

FROZEN MILK FLAVOURED CUPS

FROZEN JUICE APPLE OR ORANGE

\$1.00

GARLIC BREAD (V) SERVED WARM

\$1.50

HOT CHEESY BREAD (V)

50c

MEUSLI SLICE (V) HOME MADE

50c

NACHOS (V)

\$2.50

POPCORN(V) HOME MADE

\$1.50

TERMS 3 & 4

LUNCH ORDERS

HOT DOG

WITH OR WITHOUT SAUCE

\$4.00

PARTY PIES

+SAUCE +20c

\$1.00

CHICKEN FINGERS (5)

+SAUCE +20c

\$3.50

SAUSAGE ROLLS

WITH OR WITHOUT SAUCE

\$4.00

CHICKEN BURGER

PLAIN

\$4.50

OR + LETTUCE, CHEESE, MAYO

\$5.00

SANDWICHES, ROLLS, WRAPS, BOWLS

CHICKEN & SALAD

HAM & SALAD; CHICKEN;

SUPER SALAD

\$5.50

VEGEMITE OR CHEESE SANDWICH

\$2.50

TOASTIES

CHEESE / HAM & CHEESE / BAKED

BEANS / SPAGHETTI

\$3.50

CHICKEN TOASTIE

\$4.00