

Sandwiches

Bread options

Choose from white, wholemeal or a wrap

Vegemite or Promite	\$2.00
Jam or peanut butter	\$2.00
Cheese or tomato	\$2.00
Egg	\$2.50
Spaghetti	\$2.50
Cheese & tomato	\$2.60
Ham, chicken or tuna	\$3.20
Salad	\$3.80

Extras

Toasted	\$0.30
Cheese, tomato, boiled egg, lettuce, carrot or beetroot each	\$0.70

Salads

Caesar salad	\$4.00
Chicken caesar salad	\$5.00
Tossed salad	\$4.00
with egg	\$4.70
with Ham or tuna	\$5.00

Tuckshop operates Tuesday - Friday

Volunteers are always appreciated!

Please contact Tracy if you are able to assist in our FAB tuckshop!

Hot Food

Corn cob	\$1.20
Chicken nuggets (3) <i>GF</i>	\$2.00
Chicken nuggets (6) <i>GF</i>	\$3.00
Mini meat pie	\$2.50
Large meat pie	\$4.00
Sausage roll	\$3.00
Chicken pops (10)	\$3.00
Chicken tender wrap (small)	\$3.80
Chicken tender wrap (large)	\$4.80
Fried rice (vegetarian) <i>HM GF</i>	\$4.50
Pasta bolognaise <i>HM</i>	\$4.50
Lasagne <i>HM</i>	\$4.50
Mac'n'cheese <i>HM GFO</i>	\$4.50
Butter chicken & rice <i>HM GF</i>	\$5.00
Tomato / bbq sauce satchet	\$0.30

GF = Gluten Free HM = Home Made

GFO = Gluten free option

Snack Attack

Watermelon or jelly cubes	\$0.10
Sao crackers with vegemite (2)	\$0.50
Mini muffin	\$0.70
Raisin toast	\$1.00
Jumpys	\$1.00
Popcorn or pretzels	\$1.00
Yoghurt	\$1.50
RedRock honey soy chicken chips	\$1.40
Chocolate mouse	\$1.00
Cheese'n'crackers	\$1.50

Hot Food Daily Specials

Tuesday

Chicken & Gravy Roll	\$5.00
½ Chicken & Gravy Roll	\$3.00

Wednesday

Hot dog & sauce	\$3.20
½ Hot dog & sauce	\$1.80
add cheese extra	\$0.50

Thursday

Cheeseburger <i>HM</i>	\$4.00
Hamburger <i>HM</i>	\$5.00
Chicken burger	\$5.00

Friday

Nachos (Seasoned mince, corn chips, salsa & cheese)	\$5.00
add sour cream extra	\$0.50

Seasonal Fruit

Apple, Banana, Orange, Mandarin or pear	\$1.00
Fruity fix (fruit salad containing seasonal fruits)	\$3.00
Vege crunch (mix of seasonal vegetables)	\$3.00
Watermelon slice	\$0.50

Meal Deals - 1st Break

Tasty Tuesday

Hot chicken & gravy roll,
mini muffin, juice cup \$6.00

Wacky Wednesday

Hot dog with sauce, small yoghurt,
Focus flavoured water \$7.00

Terrific Thursday

Cheeseburger (meat pattie,
cheese & sauce), small yoghurt,
Popper juice \$6.50

Fab Friday

Nachos (seasoned mince, salsa, corn
chips & cheese) mini muffin,
Popper juice \$7.00
add sour cream extra \$0.50

Packs

Snack Pack

Mini muffin, fruit, juice cup \$2.50

Fun Pack

Cheese'n'crackers, mini muffin,
juice cup \$3.00

Drinks

Flavoured milk
(chocolate or strawberry) \$2.50
Slushy \$2.00
½ Slushy \$1.00
Juice cup \$0.80
Frozen juice cup \$0.80
Popper juice (apple, tropical,
apple & blackcurrant \$1.50
Focus Sports Water (blackcurrant,
fruit tingle or raspberry) \$2.50
Krazy Lemon \$1.50
Water 600ml \$2.00

Ice Blocks - 2nd Break

Paddlepops
(chocolate or rainbow) \$1.80
Lemonade icy twist \$1.30
Zoooper Dooper \$0.80
Calippo \$1.00

Tuckshop operates Tuesday - Friday

Sign up and order online

www.munchmonitor.com

username: regentsparkss

password: munch4118

Tuckshop Menu

