

TUCKSHOP MENU

HOT FOOD

Butter chicken	GF	\$5.60
Pasta bolognaise		\$5.60
Mac 'n' cheese		\$5.00
Fried rice with bacon		\$5.20
Garlic bread		\$1.50
Large pie		\$4.50
Sausage roll		\$4.20
Dinosaur nuggets x6		\$4.50
Chicken nuggets x3		\$2.50
Chicken nuggets x6		\$4.50
GF Chicken nuggets		\$4.70
Chicken noodles		\$2.50
Beef noodles		\$2.50

TOASTIES

Cheese	\$2.80
GF Cheese	\$3.20
Cheese & Vegemite	\$2.90
Cheese & Tomato	\$3.20
Spaghetti	\$3.20
Chicken	\$3.50
Chicken & Cheese	\$4.50
Chicken, Cheese & Tomato	\$5.00
Ham	\$4.50
Ham & Cheese	\$4.50
GF Ham & Cheese	\$4.90
Ham, Cheese & Tomato	\$5.00

SALADS

Chicken Caesar	\$6.90
Caesar Salad	\$5.90
Ham Salad	\$5.60
Chicken Salad	\$5.60
Tossed Salad	\$4.60

DAILY SPECIALS

Monday

Cheese Burger + mini muffin + small slushy	\$7.60
patty, cheese & BBQ sauce	
Cheese Burger	\$5.60
Hamburger	\$6.60
patty, lettuce, tomato, beetroot, cheese, BBQ sauce	
Chicken Burger	\$5.60
Chicken patty, lettuce, mayo	

Tuesday

Hot chicken & gravy roll + juice cup + choc chip cookie	\$7.60
Hot chicken & gravy roll	\$5.60

Wednesday

Cheese Pizza + garlic bread + juice cup	\$7.40
Cheese Pizza	\$5.10
BBQ chick Pizza	\$5.60
Ham and Pineapple Pizza	\$5.60

Thursday

Chicken Chips + mini muffin + juice cup	\$6.50
Chicken Chips	\$4.50

Friday

Hotdog, tomato sauce + 5x jelly cubes + large slushy	\$6.80
Hotdog, sauce	\$4.50
Add cheese	0.70c

SANDWICHES/WRAPS

Vegemite, promite, honey or peanut butter	\$2.20
Tomato or cheese	\$2.50
Spaghetti	\$2.90
Egg and mayo	\$3.70
Egg, mayo and lettuce	\$4.00
Chicken, ham or tuna	\$3.80
Salad	\$4.60
Chicken and salad	\$5.60
Ham and salad	\$5.60
Tuna and salad	\$5.60
Chicken caesar wrap	\$6.90
Chicken tender wrap - no salad	\$4.80
Chicken tender wrap - tomato and lettuce	\$5.60
Chicken tender wrap - full salad	\$7.60

TUCKSHOP MENU

DRINKS

Flavoured Milk	\$2.60
Chocolate or Strawberry	
Focus water	\$2.60
Lemonade, blackcurrant, fruit tingle	
Water	\$2.00
Popper juice	\$2.00
apple, blackcurrant, golden pash, orange	
Juice Cup	\$1.00
apple & blackcurrant, apple	
Chill	\$2.20
Grape or Watermelon	
Small slushy	\$1.00
Large slushy	\$2.00

SNACKS

Jelly cubes	0.10c
Mini muffin	\$1.00
chocolate chip cookie	\$1.20
Popcorn	\$1.20
Jumpys	\$1.50
Yoghurts tub	\$1.60
Grain waves	\$1.60
Honey Soy chips	\$1.60
Sea salt chips	\$1.60
Cheese 'n' crackers	\$1.50
2x Sao biscuits	0.50c
with butter and vegemite or promite	

ICE BLOCKS

Paddle Pop	\$2.20
rainbow, chocolate	
Lemonade icy pole	\$1.60
Ice cream cup	\$2.00
vanilla, strawberry, chocolate	
Zooper Dooper	\$1.00
Sour grape icy pole	\$2.20
Sour raspberry icy pole	\$2.20
Sour TNT icy pops	\$1.00
Jelly TNT sticks	0.50c

FRUIT

Watermelon slice	\$1.20
watermelon cup	\$1.00
Apple	\$1.50
Orange	\$1.50
Mandarin	\$1.50

PACKS

<u>Fun Pack</u>	\$3.50
Cheese 'n' crackers, mini muffin, juice cup	
<u>Snack Pack</u>	\$3.50
1 piece of fruit, mini muffin, juice cup	
<u>Fruity Fix</u>	\$3.80
Container of mixed fruit	
<u>Vege Crunch</u>	\$3.80
Container of mixed vegetables	

ONLINE INFO

Orders must be in by 8:45am.

All orders need to be cancelled by 8:45am to receive a refund.

www.munchmonitor.com

username: RegentsParkSS
Password: Munch4118

Volunteers are always appreciated!

Email or pop up to the office to see Natasha Dunne if you are able to spare some time.
ndunn33@eq.edu.au