

HOT FOOD

LASAGNE HM.....	\$5.00
BUTTER CHICKEN HM GF.....	\$5.00
CHICKEN TENDER WRAP LARGE.....	\$5.00
CHICKEN TENDER WRAP SMALL.....	\$4.00
PASTA BOLOGNAISE HM.....	\$4.50
MAC'n'CHEESE HM.....	\$4.50
*GLUTEN FREE MAC 'n' CHEESE*HM GF.....	\$5.00
FRIED RICE WITH BACON HM GF.....	\$4.50
FRIED RICE VEGETARIAN HM GF.....	\$4.00
MEAT PIE LARGE.....	\$4.00
SAUSAGE ROLL.....	\$3.50
CHICKEN POPS.....	\$3.50
CHICKEN NUGGETS x 6 GF.....	\$3.50
CHICKEN NUGGETS x 3 GF.....	\$2.50
MEAT PIE SNACK.....	\$2.50
SWEET CHILLI TENDER x 1.....	\$1.50
CORN COB GF.....	\$1.20
GARLIC BREAD HM.....	\$1.00

SANDWICHES + TOASTIES

Vegemite, Promite, Honey or Jam.....	\$2.20
Peanut Butter, Cheese or Tomato.....	\$2.20
Spaghetti.....	\$2.80
Egg + Mayo.....	\$2.80
Egg, Mayo + Lettuce.....	\$3.30
Chicken, Ham or Tuna.....	\$3.40
Salad.....	\$4.00
Chicken + Salad.....	\$5.00
Ham + Salad.....	\$5.00
Tuna + Salad.....	\$5.00
Chicken Caesar Wrap.....	\$5.80
TOASTIES....	
Cheese Toastie.....	\$2.60
Cheese + Tomato Toastie.....	\$3.20
Spaghetti Toastie.....	\$3.20
Chicken, Ham or Tuna Toastie.....	\$3.80
Ham + Cheese Toastie.....	\$4.50
Chicken + Cheese Toastie.....	\$4.50
Tuna + Cheese Toastie.....	\$4.50
Chicken, Cheese + Tomato Toastie.....	\$5.00
Ham, Cheese + Tomato Toastie.....	\$5.00
GLUTEN FREE CHEESE TOASTIE.....	\$3.20



MEAL DEALS....1ST BREAK

TACO TUESDAY \$7.30
2 x soft taco boats + Glee drink
(mince, lettuce, tomato & cheese)



WILD WEDNESDAY \$7.30
Cheese Pizza + garlic bread + 600ml water



TERRIFIC THURSDAY \$7.50
Cheeseburger + small yoghurt tub + popper
(HM pattie + cheese + bbq sauce)



FUNKY FRIDAY \$6.80
Hotdog with sauce + Small yoghurt tub + full slushy



SNACK ATTACK

Yoghurt Tub.....	\$1.50
Cheese 'n' Crackers.....	\$1.50
Grainwaves (sour cream/chives).....	\$1.50
Honey Soy Chicken Chips.....	\$1.50
Sea Salt Chips.....	\$1.50
Choc/Sberry Mousse.....	\$1.00
Jumpys.....	\$1.00
Popcorn.....	\$1.00
Pretzels.....	\$1.00
Mini Muffin.....	80c
Boiled Egg.....	80c
2x Sao Biscuits + Vegemite.....	50c
Watermelon Slice.....	50c
Jelly Cubes each.....	10c
Watermelom Cubes each.....	10c
Yoghurt Drops each.....	10c



TUCKSHOP MENU

OPEN
TUESDAY ~ FRIDAY
8:30 ~ 2PM

1ST BREAK 10.50

2ND BREAK 1.40

HM ~ HOME MADE
GF ~ GLUTEN FREE

**MUNCH MONITOR IS
PREFERRED FOR ONLINE
ORDERING ~ SIGN UP TODAY**

WWW.MUNCHMONITOR.COM

username : regentsparkss

password : munch4118

ALL ORDERS MUST BE IN BY 9am

**VOLUNTEERS ARE ALWAYS
APPRECIATED!!
CONTACT TRACY IF YOU ARE
ABLE TO ASSIST IN OUR
AWESOME TUCKSHOP**

DRINKS



Flavoured Milk ~ Chocolate or strawberry.....	\$2.50
Glee Drink ~ Different Flavours.....	\$2.50
Focus Sports Water ~ Different Flavours.....	\$2.50
Water 600ml.....	\$2.00
Popper Juice ~ Different Flavours.....	\$1.50
Juice Cup Apple.....	.80c
Juice Cup Apple/Blackcurrent.....	.80c
Juice Cup Orange.....	.80c
Slushy Full.....	\$2.00
Slushy Half.....	\$1.00

ICEBLOCKS + FRUIT



Twisted Frozen Yoghurt.....	\$2.50
Chocolate Paddle Pop.....	\$2.00
Rainbow Paddle pop.....	\$2.00
Lemonade Icy Twist.....	\$1.50
Calippo.....	\$1.00
Zooper Dooper.....	.80c

SEASONAL FRUIT.....\$1.00

Apple Red/Green
Banana
Orange
Mandarin

WATERMELON SLICE.....50c

HOT FOOD DAILY DEALS

TUESDAY ~ TACOS

2 x soft taco boats.....\$5.00
*filled with mince, lettuce, tomato + cheese
(sour cream extra .50c)*

WEDNESDAY ~ PIZZA

Cheese.....\$4.50
Ham + Pineapple.....\$5.00
BBQ Chicken.....\$5.00

THURSDAY ~ BURGERS

Chickenburger.....\$5.00
Chicken Pattie, lettuce + mayo
Cheeseburger.....\$5.00
Meat pattie, cheese slice + bbq sauce
Hamburger.....\$5.80
*Meat pattie, lettuce, tomato, beetroot, cheese +
bbq sauce*

FRIDAY ~ HOTDOGS

Hotdog + sauce.....\$3.50
1/2 Hotdog + sauce.....\$1.90
add cheese .50c

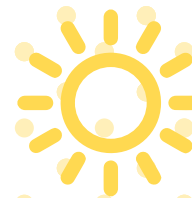
PACKS

SNACK PACK.....\$2.50
(Mini Muffin, Fruit + Juice Cup)

FUN PACK.....\$3.00
(Cheese & Crackers, Mini Muffin + Juice Cup)

FRUITY FIX.....\$3.00
(Container of mixed seasonal fruit)

VEGE CRUNCH.....\$3.00
(Container of mixed vegetables)



BIRTHDAY BUCKET \$15
BUCKET FILLED WITH
ZOOOPER DOOPERS FOR
THE WHOLE CLASS!!



SALADS

Chicken Caesar Salad
\$5.00
Caesar Salad \$4.00
Tossed Salad \$4.00
add egg .80c
add chicken or ham
\$1.00

- ADD ONS -

Tomato Sauce .30c
BBQ Sauce .30c
Mayo .30c
Sour Cream .50c
Beetroot, Carrot,
Cheese, Lettuce,
Tomato .70c each
Bolied Egg .80c