

## New For Winter

Seasoned  
Wedges with  
Sour Cream  
\$2.30

Garlic  
Bread  
Rolls \$1.00

Nachos with  
Mild Salsa and  
Melted Cheese  
\$2.50

Flavoured  
Spring  
Water  
\$1.70

Lasagne  
\$3.20

Frozen  
Fruit Juice  
Cups 50c

## Mini Meal Deals

### WEDNESDAY Pick a Box \$5.00

**Sushi Box** Teriyaki Chicken, BBQ Beef, Tuna or Avocado  
**Sandwich Box** Choose from list on opposite page  
**Pasta Box** Macaroni Cheese, Spaghetti Bolognaise or Lasagne  
**Pie Box** Beef or Chicken and Vegetable pie  
**Plus** Fruit Juice and an apple or garlic bread roll.

**Sushi orders must be received by Midday on Tuesday. Individual rolls may be ordered at \$2.50 per roll.**

### FRIDAY Burger Day \$5.00

**Chicken Burger** with lettuce and mayo  
**Beefburger** with salad and tomato sauce  
**Cheeseburger** with salad, tomato sauce and cheese

**Plus** Play sport water, popcorn and jelly fruit drop.

**Meal deals are served at First Break.**

## Tuesday & Thursday

Hot food available at first & second break

### Hot Food

Potato Smiley Faces \$0.25  
 Chicken Nuggets \$0.90  
 Corn Cobbettes \$1.00  
**Garlic Bread Roll** \$1.00  
 Pizza Muffin \$1.60  
 Mini Beef Pie \$1.60  
 Sausage Roll \$2.00  
 Noodles (Beef/Chicken) \$2.00  
**Wedges with sour cream** \$2.30  
 Hot Dog and sauce \$2.50  
**Nachos** \$2.50  
 Beef Pie \$2.70  
 Potato s/cream or cheese \$2.70  
 Fried Rice \$3.00  
 Macaroni Cheese \$3.00  
 Spaghetti Bolognaise \$3.00  
 Chicken Burger \$3.00  
 Beefburger-salad & sauce \$3.00  
**Lasagne** \$3.20  
 Tomato sauce sachet \$0.30

### Sandwiches

Vegemite/Honey/Jam \$1.50  
 Plain Salad\* \$2.70  
 Choose any fillings \$3.50  
**Sandwich fillings:**  
 Lettuce, tomato, carrot, cucumber, cheese, chicken, ham, egg, mayo  
**Extras:** Lavash/bread roll \$0.60  
 Toasted \$0.30

### Salads

Mini Side Salad\* \$1.00  
 Small Finger Salad\* \$2.50  
 Large Finger Salad\* \$3.50

### **Extras:**

Ham/Chicken/Cheese/Egg \$0.70  
 Tuna \$1.20

\*Lettuce, tomato, cucumber and carrot

### Other Food

Dewberry Tarts \$0.40  
 Homebake item \$0.50  
 Popcorn \$0.50  
 Fruit Straps \$0.60  
 Apple Slinkies (BYO 10c) \$0.70  
 Jelly & Fruit Cup \$0.70  
 Crackers-Cheese/Vegemite \$0.80  
 Yoghurt Tub \$0.90  
 Light Custard Tub \$1.00  
 Carrot and Celery sticks\*\* \$1.00  
 Rice Crackers\*\* \$1.00  
 \*\*add hommus, tzatziki  
 or sweet chilli philly extra \$0.50  
 2 Pikelets with Jam \$1.20  
 Gingerbread Man \$1.30  
 Cheese and Bacon Roll \$1.60  
 Fresh fruit Salad – Small \$1.20  
 Fresh Fruit Salad – Large \$2.50

### Drinks

Plain Milk \$0.80  
 Bottled Water \$1.00  
 Sipaah Straw & Milk \$1.20  
 Pure Fruit Juice 300ml \$1.20  
 Flavoured Light Milk  
 -Chocolate/Strawberry \$1.70  
 Fruit Splat \$1.70  
 Play Sport Water \$1.70  
**Flavoured Spring Water** \$1.70

### Mini Tuck

Ice Blocks from \$0.20  
**Frozen Fruit Juice Cups** \$0.50  
 Chips from \$0.70

### Breakfast

#### **Tues-Thurs 8.15am-8.35am**

Toast & Spread \$0.80  
 Hot Milo \$1.20  
 Up & Go \$1.60

### TUCKSHOP OPENING TIMES

The tuckshop is open every day. The full menu is available at first and second break on Tuesday and Thursday. Mini meal deals are available at first break on Wednesday and Friday. Please note that Sushi must be ordered by Midday on Tuesday for the Wednesday Sushi Box. All meals are served with a drink and small snack item. All hot food must be preordered. Over the counter sales of iceblocks and chips are on Tuesday and Thursday at second break only. Breakfast is available from 8.15am to 8.35am Tuesday to Thursday.

### HOW TO ORDER

Please print in pen in the middle of a paper bag your child's NAME, CLASS, FOOD or DRINK required, whether for first or second BREAK, TOTAL COST and AMOUNT ENCLOSED. (Bags 5c each or 25 for \$1.10) Please enclose an extra bag when ordering hot and cold food to allow separation. Where possible please enclose correct change. If paying for multiple orders in a single bag, please place all order bags for all children together with the oldest child. Please avoid the use of stickytape or staples.

### VOLUNTEERS

The tuckshop is managed by a convenor assisted by volunteers. In order to run efficiently we rely on a roster of volunteers who work in the tuckshop or bake at home one day a month. We also have an Emergency roster. There are many small jobs for people who can only spare a small amount of time. All help is greatly appreciated.

THANK YOU FOR YOUR ORDER

If you require any further information or are able to help out at tuckshop please contact Stacey Healy on 3511 3318 or 3300 9730.

The tuckshop menu has been assessed by Nutrition Australia and complies with the requirements of the Smart Choices Strategy. All cheese, sour cream, yoghurt, custard and milk used are low fat. Reduced salt and fat spreads are used where possible. Sandwiches are made using wholemeal bread.



THE GAP STATE SCHOOL

TUCKSHOP

Winter Menu 2009

EFFECTIVE 11 May 2009



