



Freshie Tuckshop Menu

Open from 8.15am daily & during Lunch 10.50am & Recess 1pm

Contact: Ph: 40 589 252 Email: tuckshop@freshwaterpandc.com.au



Ordering is preferable online with Flexischools : www.flexischools.com.au or in a PAPER BAG with correct money clearly marked. All orders must be placed by 9.00am (If after this time limited items may be available)

* If your child forgets lunch they will be supplied a sandwich, a piece of fruit & poppa at parents expense *

HOT FOOD:

Cheese Burger (beef,cheese tom sauce)	\$5.00
Chicken Burger (chicken, lettuce, mayo)	\$5.00
Meatball Sub (meat balls in tom sauce)	\$5.00
Bacon, Egg & tomato sauce Jaffle	\$4.50
Spaghetti Bolognaise	\$4.50
Mexican Beef Burrito	\$4.50
Vegetarian Fried Rice	\$4.00
Jaffles (baked beans or spaghetti)	\$4.00
Corn on the Cob	\$1.00
Garlic Bread	\$1.50

SANDWICHES & WRAPS:

	Sandwich	Wrap
Vegemite/Jam/Honey	\$2.50	\$3.00
Ham	\$2.50	\$3.00
Ham + Salad	\$4.50	\$5.00
Chicken	\$3.00	\$3.50
Chicken + Salad	\$4.50	\$5.00
Egg + Lettuce	\$4.00	\$4.50
Cheese	\$2.50	\$3.00
Tuna + Mayo	\$4.00	\$4.50

* Salad is lettuce, tomato, cucumber & carrot *

TOASTIES:

Cheese	\$3.50
Cheese +Tomato	\$4.00
BLT Toasted Sandwich	\$4.50
Ham + Cheese	\$4.50
Chicken + Cheese	\$4.50
Ham & Cheese Pocket	\$2.50

GLUTEN FREE – Bread or Wrap available \$1.00 extra

NOURISH BOWLS:

Lettuce, Cucumber, Carrot & Tomato	
Dressing: Balsamic or Italian	\$5.00
Add: Chicken,Tuna,Ham, Cheese or Egg	\$1.00ea

SALADS:

Chicken Caesar Salad	Reg	\$6.50
Chick, lettuce, bacon, parmesan, egg, crouton, caesar dress	Lg	\$9.50
Greek Pasta Salad	Reg	\$6.50
Noodles, olives, parmesan, toms, cucumber & balsamic	Lg	\$9.50

Gluten Free Noodles extra \$1.00

FRUIT:

Pineapple Hula Hoops (frozen)	\$0.50
Orange Smiley (frozen orange)	\$0.20
Fresh or Frozen Grapes (in season)	\$0.50
Fruit Seasonal (Apple, Orange, Banana)	\$1.00
Apple Slinky	\$1.50
Fruit Salad Cup	\$2.50

DRINKS:

Chocolate or Strawberry Milk	\$2.50
Plain Milk (cup)	\$1.00
Juice Popper	\$2.00
Bottled Water	\$2.00

SNACKS:

Popcorn	\$0.50
Cheese & Crackers	\$2.50
Lucky Dip Sweet Treat (Brownie)	\$1.00
Frozen Yoghurt (Australian Made)	\$2.00
Dixie Cup	\$1.50
Frozie (Apple, Choc, Straw)	\$0.50
Zooper Dooper	\$0.50
Snack Pie	\$2.50
Sausage Roll	\$3.00
Boiled Egg	\$1.00
Snack Pack	\$4.00
cherry toms, egg, cucumber, cheese, crackers	

MEAL DEALS

Fried Rice Combo:

Vege Fried Rice, sweet treat & poppa	\$7.00
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Parents Day Off:

Jaffle, fruit & poppa	\$7.00
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Freshie Happy Meal:

Cheese Burger, fruit & flavoured milk	\$8.00
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The Italian Feast:

Spaghetti Bol, garlic bread & poppa	\$8.00
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Helpers are always welcome

Pop in anytime 😊

Prices subject to change anytime without notice