

OUR TUCKSHOP IS DEDICATED TO HEALTHY EATING OPTIONS AT AN AFFORDABLE PRICE!

ESS TUCKSHOP MENU

FOR EASY ORDERING DOWNLOAD OUR QKR! APP ON YOUR DEVICE.

MAIN MEALS

LG LASAGNE GLUTEN FREE	\$6.00
SM LASAGNE GLUTEN FREE	\$4.00
LG SHEPHERD'S PIE.....	\$6.00
SM SHEPHERD'S PIE	\$4.00
SM CHICKEN FRIED RICE WITH EGG.....	\$5.00
SM VEGETARIAN FRIED RICE WITH EGG....	\$5.00
QUICHE.....	\$4.00
SM PLAIN RICE + SOY SAUCE SACHET.....	\$3.00

SNACKS

CORN ON THE COB.....	\$2.00
FROZEN PINEAPPLE RINGS.....	\$1.00
FROZEN ORANGE SEGMENT.....	\$1.00
WATERMELON SLICE.....	\$1.00
APPLE SLICES.....	\$1.00
FRUIT SALAD.....	\$2.00
VEGGIE STICKS.....	\$2.00
BOILED EGG.....	\$0.50

DRINKS

WATER	\$2.00
PLAIN MILK	\$2.00

SUSHI

CHICKEN & AVO	\$4.00
CHICKEN.....	\$3.00
TUNA.....	\$3.00
VEGGIE	\$3.00

SANDWICHES/WRAPPS & SALADS

VEGEMITE/HONEY/JAM.....	\$2.50
CHEESE	\$3.00
HAM/CHICKEN & CHEESE.....	\$3.50
HAM/CHICKEN CHEESE TOMATO.....	\$4.00
EGG & LETTUCE.....	\$3.50

HAM /CHICKEN/TUNA SALAD WRAP.....	\$5.00
HAM/CHICKEN OR TUNA SALAD.....	\$5.00
CHICKEN CAESAR SALAD OR WRAP.....	\$6.00

ITEMS CAN BE TOASTED 50 CENTS EXTRA
MAYO IS AVAILABLE UPON REQUEST

MEAL DEALS

PK 1

SUSHI, WATER &
APPLE SLICE
\$6.00

PK 2

SM MAIN MEAL, WATER &
FRUIT SALAD
\$8.00

PK 3

WRAP, WATER &
VEGGIE STICKS
\$9.00

FREE FRESH FRUIT FRIDAY

WE NEED YOU! BE A COOL TUCKSHOP PARENT OR GRANDPARENT! ASK US HOW.