



WSS Tuck Shop Menu 2018*

Print me
and stick me
on the fridge

To place your order visit www.munchmonitor.com - before 9.00 am

Open five days per week between 8.30am and 1.45pm. First break: 11.00 am – 11.40 am Second break: 1.10 pm – 1.50 pm. The tuckshop operates with the assistance and support of volunteers and all help is gratefully appreciated. An hour, a morning or any time at all would greatly assist to keep this valuable service running. To volunteer please contact our tuckshop convenor on (07) 3866 4306.

Daily Specials - Available First Break Only

MONDAY

Oven 'Fried' Rice (GF)

Basmati Rice with Ham, Egg and Mixed Vegetables - baked not fried.

\$3.00

TUESDAY

Sausage Pasta

Homemade hot meal with tasty sausage piece and vegies.

\$3.00

WEDNESDAY

Pita Pockets

- Chicken, Mayo & Salad
- Ham & Salad
- Tuna, Mayo & Salad

\$3.50

THURSDAY

Homemade Burger

Hugely popular as voted by our kids at National Tuckshop Appreciation Day 2017!

\$3.50

FRIDAY

Jacket Potato (GF)

Tuna & Mayo
Beans & Cheese

\$3.50

All Other Meals

Toasties

Cheese	\$2.50
Ham	\$2.50
Ham & Cheese	\$3.00
Ham, Cheese & Tomato	\$3.50

Salads

Crunchy Chicken (GF) (Crumbed Chicken/Lettuce/Cucumber/Carrot/Tomato+Caesar Dressing)	\$4.00
Egg (GF) (Egg/Lettuce/Cucumber/Carrot/Tomato)	\$3.00
Tuna (GF) (Tuna/Lettuce/Cucumber/Carrot/Tomato)	\$3.50

Sandwiches (On Gluten Free bread add \$1.20)

Cheese	\$2.20
Chicken & Salad (Chicken/Lettuce/Cucumber/Carrot/Tomato)	\$3.50
Egg & Mayo w Lettuce	\$2.50
Ham	\$2.20
Ham & Cheese	\$2.50
Ham & Salad (Ham/Lettuce/Cucumber/Carrot/Tomato)	\$3.50
Vegetemite (V)	\$1.50

Wraps

Cheese Salad (Cheese/Lettuce/Cucumber/Carrot/Tomato)	\$3.50
Tuna Salad (Tuna/Lettuce/Cucumber/Carrot/Tomato)	\$4.00
Crunchy Chicken Wrap (Chicken Tender/Lettuce/Carrot/Cucumber/Tomato Wrap	\$4.00

Light Meals & Snacks

Hot

Add Tomato Sauce	\$0.30
Crunchy Chicken Wrap (Chicken Tender/Lettuce/Carrot/Cucumber/Tomato Wrap	\$4.00
Pizza Muffin	\$2.50
Raisin Toast (V) (2 Pieces)	\$1.00
Sausage Roll	\$3.00
Snack Size Meat Pie	\$2.50

Cold

Apple (Cut into Quarters)	\$1.50
BBQ Shapes	\$1.20
Boiled Egg (GF)	\$0.90
Custard Cup	\$1.00
Fav-Va Beans - assorted flavours	\$0.80
Fresh Seasonal Fruit Salad (GF) (V)	\$1.50
Hi Five Snack Box (GF) (Cheese/Carrot/Cucumber Sticks/Rice Crackers/Boiled Egg)	\$3.00
Hi Five Snack Box without Egg (GF) (Cubed Cheese/Carrot Sticks/Cucumber Sticks/Rice Crackers)	\$2.50
Homemade Muffin	\$1.00
Homemade Pikelets (Plain)	\$1.20
Homemade Pikelets with Jam	\$1.20
Kids Survival Pack (GF) (V) Popcorn/Sultanas/Dried Apricots/Dried Apple)	\$1.10

DON'T MISS SUSHI TUESDAY (GF)

Pre-order on Monday by 9am

- Tuna Salad
- Teriyaki Chicken
- Crispy Chicken
- Avocado (V)



\$3.00 each

Orange (Cut into Quarters)	\$1.50
Popcorn (GF) (V)	\$0.60
Rice Crackers (GF) (V)	\$1.20
Yoghurt Cup	\$1.20

Drinks

Flavoured Milk 250 ml - Chocolate	\$2.00
Flavoured Milk 250 ml - Strawberry	\$2.00
Juice 250 ml - Apple	\$1.50
Juice 250 ml - Orange Juice	\$1.50
Milk - Plain	\$1.10
Milo & Milk	\$1.20
Milo Slushie	\$1.50
Teachers Milk 3 L	\$4.50
Water 350 ml	\$1.10

Frozen – counter service for other items

Frozen Yogurt (Mango)	\$2.00
Frozen Yogurt (Strawberry)	\$2.00

GF = Gluten Free, V = Vegetarian

*January 2018 items and prices correct at time of printing