



# M.R.S.S. TUCKSHOP SUMMER MENU

## TERM 4 2009 - TERM 1 2010

Opening Days: Monday, Thursday and Friday

### SANDWICHES AND WRAPS

\* white or wholegrain bread/white wraps \*

\* bread is preservative 282 free \*

#### Filling Choices:

lettuce, tomato, cheese, beetroot, carrot, cucumber, egg, vegemite, chicken, ham.

(Please specify if you would like your sandwich toasted)

1 filling	\$ 2.00
2 fillings	\$ 2.50
3 fillings	\$ 3.00
Salad	\$ 3.00
Salad with cheese	\$ 3.50
Salad with ham or chicken	\$ 4.00

### SALADS

#### Salad Shaker -

lettuce, tomato, cheese, carrot, cucumber, served in a tall cup with lid, low fat dressing sachet included.

Salad Shaker - small	\$ 2.00
- small with ham or chicken	\$ 3.00
Salad Shaker - large	\$ 3.00
- large with ham or chicken	\$ 4.00

<b>Chicken Salad with Crispy Noodles -</b> shredded wombok, shallots, chicken, crispy noodles, served in a noodle box with low fat honey soy dressing.	\$ 3.00	*NEW*
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### SNACKS - OLD FAVOURITES

Popcorn	\$ 0.50
Hello Panda Biscuits	\$ 0.50
Piece of Fruit (seasonal, including carrot sticks and slinky apples)	\$ 0.70
Gingerbread Person	\$ 1.40
Pattie Cake	\$ 1.50
Lamington	\$ 1.50

#### CHIPS:

* JJ's, Jumpys, Gluten Free Vege Chips	\$ 0.80
* Plain Smiths / Honey Soy	\$ 1.00

### BREAKFAST: 8:15am - 8:40am

Cheese and Bacon Roll	\$ 1.20
Warm Milo	\$ 1.00

### HOT FOOD

Hot Dog with sauce	\$ 2.40	
1/2 Hot Dog with sauce	\$ 1.20	
Hot Dog with sauce & cheese	\$ 2.80	
1/2 Hot Dog with sauce & cheese	\$ 1.40	
Sausage Roll - full	\$ 2.40	
Sausage Roll - 1/2	\$ 1.20	
Large Pie	\$ 3.00	
Small Pie	\$ 1.60	
Sauce Sachet (Tomato or BBQ)	\$ 0.20	
Chicken Nuggets (max. 4 per serve)	\$ 0.50	
Chicken Burger (with lettuce and mayo) - full	\$ 3.20	
Chicken Burger (with lettuce and mayo) - 1/2	\$ 1.60	
Fried Rice (made fresh in the tuckshop)	\$ 3.00	*NEW*

### DRINKS

Bottled Water	\$ 1.20	
100% Fruit Juice (apple or orange)	\$ 1.20	
Smiley Juice	\$ 1.60	*NEW*
Flavoured Milk (choc or strawberry)	\$ 2.00	
Slushy (natural colours, flavours, 99% fruit juice)	\$ 1.00	
LOL (Raspberry, Tropical, Mango, Blackcurrant)	\$ 1.50	
Play Water	\$ 2.30	

### COLD SNACKS AND ICE BLOCKS

Jelly Cup	\$ 0.50	
Frozen Fruit Bag (Small Bag of frozen fruit pieces - pineapple, orange, grape or mixed)	\$ 0.50	*NEW*
Yoghurt Berry Crunch (vanilla yoghurt topped with berry puree and toasted muesli)	\$ 1.20	*NEW*
Frozen Yoghurt	\$ 1.80	
<b>ICEBLOCKS:</b>		
Jelly Stick	\$ 0.15	
Zooper Dooper - 1/2	\$ 0.20	
Zooper Dooper	\$ 0.40	
Ice Mony (Choc, vanilla, cola)	\$ 0.50	
Icy Twist	\$ 0.90	
Calippo	\$ 0.90	
Moo (choc or strawberry)	\$ 1.30	
Splice	\$ 2.00	

.....Please see over for further information.....

