

MCSS Smart Choices Menu

April 2016

Tuckshop Convenor:

Joanne Allen

Phone: 0437 640 041



Flexischools is now available for Online ordering- the simple way to order and pay. To take advantage of this convenient new service - go to flexischools.com.au and click register.

- Please ensure all online or bagged orders are in by **9.00am**
- Little Lunch & Big Lunch orders are to be written on **separate bags** (Be sure to mark **Big** or **Little** Lunch on appropriate bag)
- Clearly write your student's **name & class** on bags
- Tuckshop will supply lunch bags if needed at a cost of **10c each**
- Any queries, please feel free to contact the Tuckshop Convenor at anytime

~BREAKFAST MENU AVAILABLE MONDAY TO FRIDAY 8.00am to 8.50am~

TOAST - WHITE OR BROWN (50c per slice)

- * Buttered
- * Vegemite
- * Jam
- * Honey



DRINKS (prices as per menu)

- * Flavoured or Plain Milk
- * Milk and Milo
- * Hot Chocolate

OTHER

- * Fresh Fruit



SANDWICHES (WHITE&BROWN)

VEGEMITE, JAM OR HONEY	2.00
CHEESE	2.00
CHEESE & TOMATO	2.50
EGG	2.70
EGG & LETTUCE	3.00
CURRIED EGG	2.80
HAM	2.50
HAM & CHEESE	2.90
HAM & TOMATO	2.90
HAM, CHEESE & TOMATO	3.30
CHICKEN	3.00
CHICKEN & CHEESE	3.40
TUNA	2.50
SALAD	4.00
CHICKEN & SALAD	5.00
HAM & SALAD	4.50
TUNA & SALAD	4.50



SALAD/SANDWICH/BURGER

OR HOT DOG EXTRAS

BOILED EGG (FREE RANGE)	.80
AVOCADO	1.00
ROLL OR LAVISH (extra)	.60
BUTTERED ROLL	1.20
TOASTED	.20



SALAD BOWLS

All salads have cheese, tomato, carrot, cucumber, lettuce and beetroot

GARDEN SALAD	4.00
EGG GARDEN SALAD	4.80
HAM GARDEN SALAD	4.50
TUNA GARDEN SALAD	4.50
CHICKEN GARDEN SALAD	5.00

CAKES & BISCUITS

PIKELETS (homemade)	.50
CUPCAKES (homemade)	.50
MUFFINS (homemade)	.50
GINGERBREAD MAN (homemade)	1.00

CRACKERS

SAO BUTTERED	.50
SAO VEGEMITE	.60
SAO VEGEMITE & CHEESE	.80
SAO CHEESE	.70
SAO TOMATO	.80
SAO CHEESE & TOMATO	1.00
CRACKERS & CHEESE (3 per serve)	1.20

FRESH FRUIT

APPLE SLINKY - cored & curled	.60
SEASONAL FRUIT	.60
FROZEN ORANGE QUARTERS	.30
FRESH FRUIT SALAD TUBS	3.00

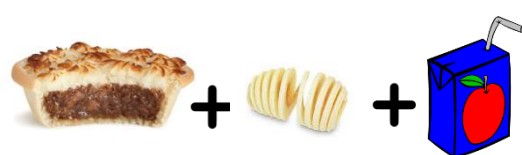
DRINKS

BOTTLE WATER	1.20
MILK 'N' MILO	.50
100% JUICE POPPER-assorted flavours	1.30
PLAIN MILK	2.00
HOT CHOCOLATE - small	2.00
FLAVOURED MILK-choc/straw/banana	2.00

SAUCES

SAUCE SACHET - tomato	.25
BBQ SQUIRT	.20
MAYONNAISE SQUIRT	.20
SWEET CHILLI SQUIRT	.20

SNACKS	\$	HOT FOOD	\$
BARAMBA ORGANIC YOGHURT TUB (Blueberry or mango)	2.00	BENTO BOX - 2 chicken nuggets, lettuce, carrot and boiled egg	3.00
CUSTARD CUP	1.00	CORN ON THE COB	1.30
FRUIT AND CUSTARD CUP	1.50	SAUSAGE ROLLS- Bakery	3.00
FAV-VA BEANS	1.00	HOT DOGS - with tomato sauce (unless another sauce is requested)	3.00
Pizza or Barbeque flavour		MINI CHICKEN WRAPS -crumbed chicken and lettuce, with a choice of mayo or sweet chilli sauce	3.00
MUDGE MUNCH - Crackers, ham, cheese & tomato	2.80	CHICKEN FILLET BURGER with lettuce and mayo	4.50
CRUNCH & DIP - carrot sticks with Hummus dip or cheese dip	2.00	CHICKEN FILLET BURGER with salad	5.50
SALSA WITH PITA CRISPS	2.00	BEEF BURGER with cheese and sauce	4.50
		BEEF BURGER with salad and sauce	5.50
		SLIDER - mini burger with lettuce and tomato	3.00
FROZEN SNACKS		PARTY PIE (each)	1.00
<i>(only served at big lunch)</i>		POTATO TOP PIE	1.80
FROZEN FRUIT KEBABS	.50	GARLIC BREAD	1.50
CHOC POPS	1.00		
TWISTED FROZEN YOGHURT	2.50		
ISLAND SORBET	TBA		
(Mango, watermelon, choc-vanilla & strawberry vanilla)			



MONDAY SPECIALS - MINI MEAL DEALS

Potato Top Pie, Apple Slinky and Juice Popper	3.50
Mini Hot Dog, Apple Slinky, Juice Popper	3.50
Mini Sausage Roll, Apple Slinky, Juice Popper	3.50
	5.00
Vegetarian Quiche and Salad	5.00



TUESDAY SPECIALS - BURGERS

Lentil Burger with Cheese and Salad (also available in salad bowl).	5.00
Salmon Patty with Cheese and Salad (also available in a salad bowl)	5.00



WEDNESDAY SPECIAL - HOMEMADE SUSHI

Chicken and Avocado	3.00
Tuna & Avocado	3.00
Vegetarian Sushi (avocado, carrot and cucumber)	3.00



BIRTHDAY CUPCAKES: Have cupcakes made for your child's class @ \$1 per cupcake

VOLUNTEERS ARE ALWAYS NEEDED:

If you would like to join our team of volunteers and meet some great people whilst helping your school, please contact Joanne on 0437 640 041



Your time would be greatly appreciated, whether it is an hour, a day, weekly, fortnightly or monthly.