



# Sacred Heart Primary School

## Tuckshop Menu – Term 1, 2020

### MINI MORSELS

★ Fruit Salad Cup	\$2.00
★ Fruit Salad Cup with Yoghurt	\$2.50
★ Watermelon Cup	\$2.00
★ Cheese and Crackers	\$2.00
★ Surprise Home Bake Treat	\$1.00

### COLD FOOD

★ Ploughmans Platter	\$5.00
★ (Kabana, Cheese, Carrot Sticks, Celery Sticks, Boiled Egg, Dip & Biscuits)	
★ Chicken Salad Wrap	\$4.50
★ <i>Chicken, Lettuce, Tomato, Cucumber, Carrot, Cheese and Mayo</i>	
★ Ham salad Wrap	\$4.50
★ <i>Ham, Lettuce, Tomato, Cucumber, Carrot, Cheese and Mayo</i>	
★ Salad Wrap	\$4.00
★ <i>Lettuce, Tomato, Cucumber, Carrot, Cheese and Mayo</i>	
★ Gluten Free Wraps extra	\$0.50
★ Vegemite Sandwich	\$2.00
★ Cheese Sandwich	\$2.50
★ Egg & Mayo Sandwich	\$3.00
★ Gluten Free extra	\$0.50

### COLD DRINKS

Berry, Banana or Mango Smoothie	\$2.50
Milk Carton (300ml)	\$1.50
Milk Carton with Sipahh Straw	\$2.50
Flavours options: Chocolate, Mint Chocolate, Strawberry, Banana, Cookies & Cream	
Popper	\$2.00
Flavour options: Apple, Tropical, Orange	
Bottled Water	\$1.00

### FROZEN TREAT

Bulla Frozen Yoghurt	\$2.50
Flavours: Mango or Strawberry	
Mini Callippo	\$2.00
Icy Twist	\$1.50
Paddle Pop	\$1.50
Flavours: Chocolate, Rainbow	
Quelch Fruit Ice Block	\$1.00

### WEDNESDAY SPECIAL

Sushi – Chicken & Avo	\$5.00
2 Large Rolls with Soy Sauce Sachet	
Limited Serves will be available first in first served on Flexischools only	

### FRIDAY SPECIAL

Jumbo Sausage Roll	\$5.00
With Tomato/BBQ Sauce	

### HOT FOOD

Bolognese Pasta	\$5.00
Bolognese Pasta ½ size	\$3.00
Mini Garlic Bread	\$2.00
Lite Chicken Nuggets x 6	\$4.00
Corn Cob	\$1.00

Toastie Bar - *Gluten Free also available*  
Your choice of

- Cheese	\$2.50
- Ham	\$3.00
- Ham & Cheese	\$3.50
- Ham, Cheese, Tomato	\$4.00
- Chicken & Cheese	\$4.00
- Vegemite & Cheese	\$3.00

How to be involved? Please call **Meg Stehbens** – Tuckshop Convenor - to nominate your preferred times and dates. Many hands make light work.

**M: 0400 971692**

**When:** Wednesday & Friday – 1<sup>st</sup> Break  
**Order Online:** [www.flexischools.com.au](http://www.flexischools.com.au)  
**Order deadline is 8.30am on Tuckshop day**