

# OONOONBA TUCKSHOP

SMART CHOICE MENU

GREEN CHOICE

AMBER CHOICE

## MENU

OPENING TIMES:

WEDNESDAY - FRIDAY 8.30AM - 2:15PM



### HOT MEALS

- NUGGETS (6) & RICE/VEG \$6.50
- SAUSAGE ROLL----- \$4.20
- MINI QUICHE (2)----- \$5.00  
options- Ham/cheese, Veggie, Chicken/cheese
- SPAGHETTI & MEATBALLS \$5.50
- MAC & CHEESE (V)----- \$5.00  
with hidden veg
- FRIED RICE----- \$5.00
- HOT MEAL OF THE TERM--- \$5.50

### GRAZING BOXES

- CHEESE & CRACKERS----- \$2.50  
Cheese, Crackers x8
- MUNCHIE BOX----- \$4.00  
Cheese, Crackers, Carrot sticks and hummus
- HAM & CHEESE BENTO----- \$8.00  
With Cherry tomatoes, Carrot sticks, seasonal fruit & a house baked snack
- ZUCCHINI SLICE BENTO--- \$8.00  
With Carrot sticks, seasonal fruit & a house baked snack
- SALAD BOX \$6.50  
Lettuce, Tomato, Carrot, Cucumber with a dressing (EXTRA : HAM, CHICKEN, FALAFAL, EGG) \$1.50

### WRAPS

- CRUNCHY CHICKEN WRAP--- \$6.50
- FALAFAL SALAD WRAP----- \$6.50
- HAM & SALAD WRAP----- \$6.50

### SANDWICHES

- HAM OR CHICKEN & CHEESE--- \$4.50
- VEGEMITE, JAM OR CHEESE--- \$4.00
- EGG & LETTUCE----- \$5.00
- CURRIED EGG & LETTUCE ----- \$5.00
- HAM OR CHICKEN & SALAD--- \$6.00

### TOASTIES

- CHEESE----- \$4.50
- VEGEMITE & CHEESE----- \$4.50
- HAM & CHEESE----- \$5.50
- CHICKEN & CHEESE----- \$5.50  
ADD AVOCADO (\$1.00)

### BAKED GOODS & SNACKS

- MUFFIN SUPRISE (GF)----- \$2.00  
Flavour examples- Bannana & Honey/ Apple & Cinnamon/ Very berry
- COCONUT BROWNIE (GF)----- \$1.50  
Made with greek yoghurt
- BLISS BALL ----- \$2.50  
Contains NO NUTS (DATE BASE)
- HAM & CHEESE SCROLL----- \$3.00
- VEGEMITE & CHEESE SCROLL ----- \$3.00
- CHICKEN & PESTO SCROLL ----- \$3.00
- RICE CAKES- PLAIN----- \$1.00
- RICECAKES- VEGEMITE & CH----- \$1.50
- RICECAKES- CHEESE & TOMATO----- \$2.00
- CUSTARD----- \$1.50
- CHOCOLATE MOUSSE----- \$2.00
- ZUCCHINI SLICE (GF) (V)----- \$4.00
- BOILED EGG----- \$1.50
- REAL CHEESE STICK----- \$1.50
- POPCORN----- \$1.00
- YOGHURT POUCH----- \$2.50
- CARROT STICKS----- \$1.50
- SEASONAL FRUIT----- \$2.00

### OVER THE COUNTER TREATS (AVAILABLE AT 11.15AM)

- LOW FAT ICECREAM \$2.00
- MILO AND MILK \$2.00
- YOUGHURT BARS \$1.50
- FROZEN ORANGE \$1.50
- FRUIT ICEY POLE \$1.00
- OAT COOKIE \$1.00
- ZINA'S MANGO CUP \$4.00

### DRINKS

- BREAKA 300ML MILK----- \$3.00  
Chocolate or Strawberry
- PLAIN MILK 150ML----- \$2.00
- JUICE BOX----- \$2.50  
APPLE, ORANGE and APPLE & BLACKCURRANT
- WATER 600ML----- \$2.00

BBQ & TOMATO SAUCE SACHET 0.50C

WEEKLY MEAL DEALS AVAILABLE

SEE FLEXISCHOOLS MENU AND SPECIAL MENU AT TUCKSHOP COUNTER

ALL ORDERS CAN BE PLACED AT THE TUCKSHOP COUNTER BETWEEN 8:30AM-9.00AM ON THESE DAYS OR VIA FLEXISCHOOLS BEFORE 8:30AM

VOLUNTEERS NEEDED ENQUIRE ABOUT JOINING OUR TUCKSHOP TEAM TODAY BECAUSE MANY HANDS MAKE LIGHT WORK



ALL SANDWICHES AND TOASTIES CAN BE MADE GLUTEN FREE