

# 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)**----- \$4.50  
options- Ham/cheese, Veggie, Chicken/cheese
- SPAGHETTI & MEATBALLS** \$5.50
- MAC & CHEESE (V)**----- \$5.00  
with hidden veg
- FRIED RICE**----- \$5.00
- BBQ & TOMATO SAUCE SACHET** 0.50C

### 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 (OPTIONAL EXTRA : HAM, CHICKEN EGG) \$1.00

### WRAPS

- CRUNCHY CHICKEN WRAP**--- \$6.00
- CHICKEN CAESAR WRAP**----- \$6.00
- HAM & SALAD WRAP**----- \$6.00

### 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
- HAM & CHEESE**----- \$5.00
- CHICKEN & CHEESE**----- \$5.00

### 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
- 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**----- \$1.00
- CHEESE STICK**----- \$1.00
- 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
- **YOGHURT BARS** \$1.50
- **FROZEN ORANGE** \$1.50
- **FRUIT ICEY POLE** 0.50C
- **OAT COOKIE** \$1.00

### 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
- SLUSH PUPPIE**----- \$2.50  
SLUSH PUPPIE ONLY AVAILABLE OVER THE COUNTER AT 1ST BREAK (Made with 99% fruit juice)

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

WEEKLY MEAL DEALS AVAILABLE SEE FLEXISCHOOLS MENU AND SPECIAL MENU AT TUCKSHOP COUNTER

ALL SANDWICHES AND TOASTIES CAN BE MADE GLUTEN FREE

