

All students are encouraged to order both morning tea and lunch using Qkr online or bag system.

Items in the Hot Food section **MUST** be pre-ordered.

The tuckshop welcomes any person interested in volunteering their time during tuckshop hours. If you are not able to commit to all day, a few hours in the morning is welcome.



### **Food items that can be donated**

*Self-Raising & Plain Flour*

*Gluten Free Self-Raising & Plain Flour*

*Caster Sugar*

*Brown Sugar*

*Desiccated Coconut*

*Small Tinned Corn Kernels*

*Small Tinned Pineapple*

*Sliced Beetroot*

*Beef Stock Powder*

*Tinned Diced or Crushed Tomatoes*

*Pasta - Shapes or Spaghetti*

*Gluten Free Pasta*

*Long Grain White Rice*

*Popcorn Kernels*

*Bicarb Soda*

*Baking Powder*

*All items can be donated at any time throughout the year.*



**Saint Mary's Catholic College**

## **2023 Summer Tuckshop Menu**

**Operating Days  
Monday, Wednesday, Friday**





## Got The Munchies

Cookies ( <i>varieties vary weekly</i> )	50c
2 Pikelets ( <i>plain or strawberry jam</i> )	80c
* Banana Bread ( <i>plain or toasted</i> )	\$1.00
*GF Popcorn	\$1.00
Nacho Cheese Popcorn	\$1.00
*GF Honey Soy Chicken Chips	\$1.50
Grain Waves	\$1.50
Muffin ( <i>varieties vary weekly</i> )	\$1.50

## Snack Attack

Vegemite and Cheese Puffs	50c
Ham and Cheese Puffs	\$1.00
Carrot Sticks	\$1.00
Boiled Egg	\$1.00
Watermelon Cup	\$1.00
1/2 Loaf Garlic Bread	\$1.50
Full Loaf Garlic Bread	\$2.50

## Chill Out Zone

2 Slices Frozen Pineapple	\$1.00
Cup Frozen Grapes	\$1.00
*GF Frozen Yoghurt ( <i>Mango, Wildberry</i> )	\$2.50
<b>Ice Blocks</b> ( <i>second break only</i> )	
*GF Zooper Doopers	50c
*GF Yoghurt Snap	60c
*GF Red Calippo	\$1.00
Rainbow Paddle Pop	\$1.50

## Friday Tasty Pastry

*Available Friday Morning Tea*

Party Pie or Party Sausage Roll	\$2.00each
Sausage Roll Lite	\$2.70
Meat Pie	\$4.00

## abSALADly YUM

Small Box (5 salad ingredients only)	\$5.00
Large Box (All salad ingredients)	\$7.00
Add Ham, Chicken or Tuna	\$1.00
Add Extra Salad Ingredients	50c
Add Salad Dressing	30c
<i>Salad options: Lettuce, Tomato, Cucumber, Carrot, Beetroot, Cheese, Corn, Egg, Salad Onion and Red Capsicum</i>	

## All Wrapped Up

*Sandwiches and wraps available at both breaks.*

Vegemite	\$2.00
Cheese	\$2.50
Ham, Chicken, Tuna, Egg & Lettuce	\$3.00
Salad	\$3.50
<i>(Lettuce, carrot, tomato, cucumber and beetroot)</i>	

### Added Extras

Salad Ingredients	40c
Ham, Chicken or Tuna	\$1.00
Roll ( <i>Wholemeal</i> )	\$1.00

### Wrap

Ham, Chicken, Tuna with Salad	\$5.00
Salad	\$4.00
<i>(Lettuce, carrot, tomato, cucumber, cheese and beetroot)</i>	
Toasted Sandwiches or Wraps	50c

## Feeling HOT HOT HOT

*Available 2nd Break only*

2 Chicken Wedges	\$2.00
2 Fish Bites	\$2.00
Piece of Crumbed Whiting	\$5.00
2 *GF Chicken Strips	\$3.00
2 *GF Hoki Fish Bites	\$2.50

## Do You Want Sauce With That?

30c each

BBQ, Soy, Sweet & sour, Tartare and Tomato

## Thirst Busters

Water 600ml	\$1.50
Water 1L	\$2.50
250ml Poptop Flavoured Milk ( <i>chocolate and strawberry</i> )	\$2.00
500ml Flavoured Milk ( <i>chocolate and strawberry</i> )	\$3.50
250ml Chill J Juice ( <i>Blackcurrant and Grape</i> )	\$2.00
500ml Orchy ( <i>Orange Passionfruit and Apple</i> )	\$3.00
200ml Krazy Lemon	\$2.00
500ml Krazy Lemon	\$3.00

## Daily Delights

*Available on the specified days.*

*New specials will commence in Week 1 and Week 5 each term.*

### marvelous Monday

Fresh Tasty Mediterranean Ham Pasta Salad \$5.00

### wacky Wednesday

Chicken and Gravy Roll \$5.00

### fantabulous Friday

Lasagne and Italian Salad \$5.00

## Burger Town

*Available on the specified days.*

### marvelous Monday

Beef Burger (*Gourmet Patty and Sauce*) \$5.00

### wacky Wednesday

Chicken Burger \$5.00

(*Crumbed Chicken Patty & Sauce*)

### fantabulous Friday

Fish Burger \$6.00

(*Crumbed Whiting Fish Fillet and Sauce*)

**\*GF Options Available**