

TheTuckerbox

TERM 3 2017

BREAKFAST

(available from 8.30am)

BREKKIE MEAL DEAL \$4.00!
 Ham & Cheese Pocket Toastie PLUS Hot Chocolate

Toast (butter)	\$0.30
Toast (vegemite)	\$0.40
Hot Chocolate	\$2.00

MENTAL MUNCHIES

(delivered 9am to class)

Select one of below:

Apple, carrot, cucumber, watermelon	\$0.80 _{each}
Large watermelon cup	\$2.00
Veggie Pot (celery, carrot, cherry tomato)	\$1.50
Homemade Brain Power Ball	\$2.00

SANDWICHES SALADS BURGERS

(Pre-order only) (wholemeal, light rye or white bread)

SANDWICHES

Vegemite/ Jam (s/berry)	\$1.60
Egg/Cheese/Ham/Tuna	\$2.10
Chicken or Turkey	\$3.00
The Works Chicken (Includes salad*)	\$4.00
Salad* (lettuce, tomato, carrot, cucumber)	\$2.50
*ADD ANY OF THESE TO THE ABOVE *	
Tomato, Cucumber, Beetroot, Lettuce, Carrot	\$0.30each
Cheese	\$0.50
Avocado, Asparagus	\$0.80
Toasted - \$0.30 Bread Roll - \$0.60 Wrap - \$1.00	

GET TOSSED

Chicken Caesar Salad	\$4.00
Mexican Cauli Cous Cous Salad	\$4.00
Crunchy Noodle Salad	\$3.50
MYO Pasta Salad Box	\$3.50*
<i>(Start with a base of pasta and choose from the selection online)</i>	

BUSHMAN'S BURGER BAR

Chicken/ Beef/ Fish/ Vegetarian	\$4.00
<i>(All burgers come with lettuce, carrot, tomato)</i>	
<i>(Chicken, Fish & Veg Burger with Mayo)</i>	
Sweet Chilli Chicken Wrap	\$4.00
<i>(Served with cos lettuce and mayo)</i>	
Add Cheese	\$0.50

IT'S GETTING HOT IN HERE

(Pre-order only)

TUCKERBOX HOMEMADE PASTA & RICE all \$3.00

Michelle's Bonza Lasagna	
You Betti it's Spaghetti	
Chicken Carbonara	
<i>(Add HM Garlic Bread for \$0.50 ONLY with pasta purchase)</i>	
Butter Chicken (with green beans and rice)	
Homemade Fried Rice (vegetarian or ham)	
Curried Sausages & Rice	

HOT STUFF

Soup: Chicken&Noodles or Pumpkin (with roll)	\$3.00
Cob 'o' Corn	\$1.00
Homemade Bacon 'n' Cheese Pizza	\$2.50
Sausage Roll (low fat)	\$2.80
Junior Pie (low fat)	\$2.50

CONDIMENTS

Tomato Sauce, BBQ, Sour Cream, Mayo, Salsa	\$0.20
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HEALTHY SNACK SHACK

FRUIT STALL

Apple, Orange or Slinky Apple	\$1.00
Fruit wedge	\$0.50
Fresh Fruit Salad	\$2.00
Fresh Fruit Salad w Yoghurt	\$2.50

FARM FRESH n VEG OUT PACKS

Veggie Stix w Dip (Hommus/Tzatziki/Salsa)	\$2.00
High 5! cheese, carrot, cucumber, cherry tom, crackers	\$2.00
Ploughman Pack	\$3.00
<i>Ham, cheese, carrot, cucumber, egg, cherry tom, crusty stix</i>	
Free Range Boiled Egg	\$0.80

YUMMIES

Popcorn, Ormeau Oat Cookie	\$0.50
Nanna Graham's Pikelets	\$1.00
Yoghurt or Custard Cup	\$1.20
Maria's Magic Muffin (GF and DF available)	\$1.00
Banana Bread or Carrot Cake	\$1.50

AT THE WATERHOLE

STAY HYDRATED!

300ml Fresh Milk	\$1.50
250ml Flavoured Milk Choc, S/berry, Banana	\$2.00
250ml 99% Juice (Orange, apple, b/currant)	\$1.50
200ml Emma & Toms varieties	\$2.50
600ml Water (20cents from each bottle to charity)	\$1.50

CAFÉ

Smoothies:

Choc, S/Berry or Banana	\$3.00
Watermelon & Mint	\$3.00
Mango	\$3.00

TOO COOL FOR SCHOOL *(lunch only)*

Frozen Fruit Pieces <i>(also available morning tea)</i>	from \$0.20
Juice Blocks/ Low Fat Ice Cream	\$0.50
<i>(Year 1- Year 6 only)</i>	
	to \$1.50
Slushee (99% Fruit Juice)	\$2.00

ORDER YOUR TUCKSHOP ONLINE

www.flexischools.com.au

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DAILY SPECIALS

TAKE THE WEEK OFF!!!!

Lunch special everyday – order on a Monday for the whole week – includes a first break snack too – & Mental Munchies!
\$35.00

EVERYDAY

GIVE ME A BREAK!

\$5.00

Cheese or ham sandwich, fruit salad, cookie, yoghurt or custard

MONDAY

PULLED PORK RIGATONI

served with homemade garlic bread and choice of water or juice

\$6.00

TUESDAY

PIZZA PIZZA PIZZA

- Mexican Shredded Chicken
- Ham & Cheese
- Vegetarian

served with choice of water or juice

\$6.00

WEDNESDAY

EVERCHANGING WEDNESDAY: MOVIE MADNESS!

Check online for the current week's dish

served with choice of water or juice

\$6.00

THURSDAY

HONEY SOY CHICKEN SKEWERS

served with fried rice & choice of juice or water

\$6.00

FRIDAY

HOT DIGGITY DAY

Hot dog (Vegetarian also available), Traffic light pack (seasonal fruit & veg)

served with choice of water, juice or milk

\$5.00

BIRTHDAYS

Contact the Tuckerbox on [0429 859 514](tel:0429859514) or <mailto:tuckerbox@ormeausspandc.org.au> to place your birthday order

Delivered to your child's class. PLEASE allow 24 hrs.

Fruit Platter	\$10.00
Ice Blocks	\$15.00
Decorated cupcakes	\$30.00

TAKE HOME PACKS AVAILABLE TO ORDER ONLINE
DELIVERED TO CLASS BEFORE 3pm

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