

TheTuckerbox

TERM 1 2018

BREAKFAST

(available from 8.30am)

Toast (butter)	\$0.30
Toast (vegemite)	\$0.40
Cereal Cup	\$1.00

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	\$4.50
Vietnamese Chicken Noodle Salad	\$4.50
MYO Pasta Salad Box	\$3.50*
(*Start with a base of pasta and add from the salad selection)	
Rice Paper Rolls (3)	\$4.50
(vegetarian or lemongrass-chicken – includes soy or sweet chilli)	

BUSHMAN'S BURGER BAR

Chicken/ Beef/ Fish/ Vegetarian	\$4.00
(All burgers come with lettuce, carrot, tomato)	
(Chicken, Fish & Veg Burger with Mayo)	
Sweet Chilli Chicken Wrap	\$4.00
(Served with cos lettuce and mayo)	
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	
(Add HM Garlic Bread for \$0.50 ONLY with pasta purchase)	
Homemade Fried Rice (vegetarian or ham)	

HOT STUFF

Chicken Gravy Roll	\$3.50
Cob 'o' Corn	\$1.00
Homemade Bacon 'n' Cheese Pizza	\$2.50
Sausage Roll (low fat)	\$3.00
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

Snacker Platter	\$3.50
Trio of dips, carrot, cucumber, celery, capsicum, cherry tomatoes, lavosh bites	
High 5!	\$2.00
cheese, carrot, cucumber, cherry tom, crackers	
Free Range Boiled Egg	\$1.00

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	\$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

<u>Smoothies:</u>	
Chocolatte	\$3.00
Bananarama	\$3.00
Mango Madness	\$3.00
Açaí Berry Smoothie	\$4.00

TOO COOL FOR SCHOOL (lunch only)

Frozen Fruit Pieces (also available morning tea)	from \$0.20
Juice Blocks/ Low Fat Ice Cream (Year 1- Year 6 only)	\$0.50 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!!!!
Everyday Sorted in one order!

Order on a Monday for the **whole** week – includes lunches, first break snacks & Mental Munchies for the entire week!
\$40.00

EVERYDAY
GIVE ME A BREAK!
Cheese or ham sandwich, fruit salad, cookie, yoghurt or custard
\$5.00

MEAL DEALS BELOW ALL: \$6.00

MONDAY
Lamb Souvlaki with lettuce, tomato and tzatziki on Homemade Flatbread
served with choice of fruit & choice of water or juice

TUESDAY
Tandoori Chicken Skewers with fried rice
and choice of water or juice

WEDNESDAY
Inspired by ???
Check online for the current week's dish – inspiration sourced from anywhere and everywhere ???
served with choice of water or juice

THURSDAY
BBQ Combo
Meatballs (with choice of sauce), Potato Bake and corn on cob served with choice of water or juice

FRIDAY
HOT DIGGITY DAY
Hot dog (Vegetarian also available), Traffic light pack (seasonal fruit & veg), cookie
served with choice of water, juice or milk

BIRTHDAYS

Contact the Tuckerbox on **0429 859 514** or <mailto:tuckerbox@ormeausspanc.org.au> to place your birthday order
Delivered to your child's class. PLEASE allow 24 hrs.

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

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

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