



Prep Tuckshop Menu (Term 3, 2017)

Sandwiches

Vegemite (v)	2.50
Salad Only (v)	3.50
Egg & Lettuce	3.50
Chicken & Salad	4.00
Roast Beef & Salad	4.00
Ham	3.50
BLT (Bacon, Lettuce & Tomato)	4.00
Ham, Cheese & Tomato	4.00
Tuna & Lettuce	4.00
Ham & Salad Wrap	4.50
Ham & Salad Wrap ½ size	2.50
Chicken Salad Wrap	4.50
Chicken Salad Wrap ½ size	2.50
Roast Beef Salad Wrap	4.50
Roast Beef Salad Wrap ½ size	2.50

Toasted Sandwiches

Baked Beans (v)	3.50
Ham	3.50
Cheese	3.50
Ham & Cheese or Ham, Cheese & Tomato	4.00
Chicken	3.50
Chicken & Cheese	4.00
Raisin Toast (2 slices)	2.00

Please note: Sandwiches are made on wholemeal bread. However, white bread is available on request.

Filled Focaccia or Turkish Pide

Chicken & Mixed Salad with Low Fat Cheese	5.50
Roasted Pumpkin, Spinach, Feta & Tomato Relish (v)	5.50

Hot Snacks

Jacket Potato with Savory Lean Mince	4.50
Jacket Potato with Baked Beans (v)	4.00
Warmed Juicy Corn Cobette	1.00

Fruit

Apple Slinky	1.20
Watermelon Tubs - Small	1.80
Fresh Fruit Salad Tubs	2.50
Frozen Pineapple Ring	0.60

Drinks

Water – 600ml	2.00
Plain Milk – 300ml	1.80
Strawberry Milk – 300ml	2.80
Chocolate Milk – 300ml	2.80
Nudie 250ml	2.50

Morning Tea Pack

Cheese & Vegemite Scroll + Apple Slinky + Plain Milk or Nudie	5.00
Muffin + Plain Milk	3.00

Snacks

Boiled Egg	0.80
Rice Cake or Corn Thin (2 slices)	
-with Vegemite	1.00
-with Vegemite & Cheese	2.00
-with Cheese & Tomato	2.00
-with Ricotta & Salad	2.50
Chocolate Chip Cookie	1.50
Muffin	1.50
Banana Bread (low gf)	2.00
Yoghurt & Muesli Pots	3.00
Carrot Sticks	1.00
Carrot Sticks with Hummus	1.50
Cheese & Vegemite Scroll	2.50
Small Pizza Baguette	2.00

Sauces

Tomato/BBQ	0.30
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Ice Blocks

Everest Vanilla Cup (gf)	1.00
Icy Twist -Lemonade	1.20
Frozen Yogurt	1.50

We aim to provide healthy and tasty food. We use fresh ingredients, lean meat, oven baked instead of deep fry and low fat cheese.



Prep Tuckshop Menu (Term 3, 2017)

Healthy Salad Bowls

Chicken & Garden Salad	6.00
Pumpkin, Feta, Baby Spinach	6.00
Chicken Caesar Salad	6.00

Sushi Roll

California	2.70
Teriyaki Chicken	2.70
Teriyaki Beef	2.70
Honey Soy Chicken	2.70
Tuna	2.70
Avocado	2.70

Once a term a Sausage Sizzle is conducted by our volunteer Dads. Any Dads who wish to be involved, and are happy to run the BBQ, are asked to register their participation by calling the Prep Administration Office on 3896 2219.

Sausage and Bread, with or without Onion and sauce is \$2.00

Date for Term 3 is:
8 September 2017

Please note: No daily specials will be available on Sausage Sizzle Day

Online Orders

Please place your order online via myChurchie. No cash sales at counter.

Cut off time: 8a.m. on the order date



LUNCH-DAILY SPECIAL

Monday to Friday

Chappy Meal	7.50
Junior Beef Burger + Fresh Fruit Salad Tub + Nudie	
Junior Chicken Burger	4.00
Junior Beef Burger	3.50
Vegetable Burger (v)	3.50

Monday

Stir-Fry Chicken with Vegetables and Steamed Rice (gf)	*5.00
Beef Burrito with Tomato Salsa	5.00
Roasted Vegetables & Feta Pizza (6") (v)	4.50
Roasted Vegetables & Chicken Pizza (6")	4.50

Tuesday

Spaghetti Bolognese	*5.00
Singapore Fried Rice (gf)	*4.50
Oven Baked Potato Wedges in Sweet Chili Sauce & Low Fat Sour Cream (v)	4.00

Wednesday

Vegetarian Bake with Penne (v)	*5.00
Spanish Chicken Paella (gf)	*5.00
Quiche Lorraine	3.50

Thursday

Pasta with tomato & vegetable (v)	*4.50
Thai Beef Rice Noodle Salad (gf)	4.50
Mexican Nachos	4.00

Friday

Tandoori Chicken with Rice (gf)	*5.00
Chili Con Carne on Baked Potato	5.00
Stir-Fry Beef with Vegetables and Steamed Rice (gf)	*5.00

*smaller size is available at \$3.50