



Prep Tuckshop Menu (Term 1, 2018)

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 & Salad	4.00
Ham & Salad Wrap	5.00
Ham & Salad Wrap ½ size	2.50
Chicken Salad Wrap	5.00
Chicken Salad Wrap ½ size	2.50
Roast Beef Salad Wrap	5.00
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)	3.00

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

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	3.50

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	2.00
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	2.50

Sauces

Tomato/BBQ	0.30
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Healthy Salad Bowls

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

Sushi Roll

California	2.80
Teriyaki Chicken	2.80
Teriyaki Beef	2.80
Honey Soy Chicken	2.80
Tuna	2.80
Avocado	2.80

Hot Snacks

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

Ice Blocks

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



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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 Wok Tossed Vegetables and Rice Noodles (vegetarian option is available)	*5.30
Bacon and mushroom carbonara with spaghetti	*5.30
Chicken Torpedo with Tomato Sauce	4.50

Tuesday

Greek Style Chicken with Herbed Cous Cous & Baby Spinach	*5.30
Penne Pasta Bolognese with Parmesan	*5.30
Oven Baked Potato Wedges with Sweet Chili Sauce & Low Fat Sour Cream (v)	4.00

Wednesday

Mild Indian Butter Chicken with Garden Peas and Rice	*5.30
Fried Rice with Shredded Egg, Bean Shoots and Spring Onion (v)	*5.30
BBQ Meat Lovers Pizza	4.50
Pasta Bolognese	*5.30

Thursday

Tomato Sugo sauce with Penne Pasta and Crumbled Feta (v)	*5.30
Viking Burger	5.00
Mexican Nachos	5.00

Friday

Penne Pasta Bolognese with Parmesan	*5.30
Chow Mein with Pork and Asian Cut Vegetables)	*5.30
Roasted Vegetables Pasta Bake (v)	*5.30

*smaller size is available at \$3.80

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 1 is:
23 March 2018

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

