



Prep Tuckshop Menu (Term 2, 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
Chicken Caesar wrap	5.00
Chicken Caesar Warp ½ size	2.50
Roast Beef Wrap	5.00
Roast Beef 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 and gluten free bread is available on request.

Fruit

Apple Slinky	1.20
Watermelon Tubs - Small	1.80
Fresh Fruit Salad Tubs	2.50
Frozen Pineapple Ring	0.60
Whole fruit piece	1.00

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
Chocolate Chip Cookie	1.50
Muffin	2.00
Banana Bread	2.00
Yoghurt & Muesli Pot with passionfruit	3.00
Yoghurt & Muesli Pot with mixed berries	3.00
Carrot Sticks	1.00
Carrot Sticks with Hummus or cream cheese	2.00
Vegetable crudité's with hummus or cream cheese	2.00
Cheese & Vegemite Scroll	2.50
Small Pizza Baguette	2.50

Sauces

Tomato/BBQ	0.30
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We aim to provide healthy and tasty food. We use fresh ingredients, lean meat, oven baked instead of deep fry and low fat cheese.



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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

- ❖ Cottage pie topped with vegetables and sweet potato mash 5.30
- ❖ Macaroni carbonara 5.30
- ❖ Grilled chicken ranch wrap (gf available) 5.00

Tuesday

- ❖ Penne pasta bolognese 5.30
- ❖ Lean beef and light cheese quesadilla with black beans 5.30
- ❖ Vegetable nasi goreng 5.30

Wednesday

- ❖ Roasted beef, cheese, tomato, spinach, chutney toasted focaccia 4.80
- ❖ Peri Peri chicken with grilled corn, pumpkin and sweet potato with yoghurt dressing 5.30
- ❖ Viking pizza with shredded chicken, mushrooms, capsicum and pineapple 4.50

Thursday

- ❖ Light coconut chicken korma with spinach and potato, served with basmati rice 5.30
- ❖ Wok fried vegetables and rice noodles with shredded egg 5.30
- ❖ Mexican nachos with light cheese 5.00
- ❖ Crispy grilled chicken tortilla 4.50

Friday

- ❖ Penne pasta bolognese 5.30
- ❖ Roasted vegetables and tomato pasta bake 5.30
- ❖ Wedges with low fat sour cream & sweet chili sauce 5.00
- ❖ Buffalo grilled chicken sub 4.50

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 2 is:
15 June 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

