

Volunteers Needed

The Tuckshop can not operate with out our wonderful volunteer pool of TUCKSHOP CHAMPIONS. Please join us for some fun in the kitchen! Simply call us or email the tuckshop to find out more.....

Our preferred ordering system is Qkr!

www.qkr.mastercard.com

Follow the instructions to create an account. There is also a free app for both iPhone and Android.



Paper bag system also available. Write your child's name, class and what they would like to order on the outside and place the money inside, please don't staple or sticky tape bags. Keeping 1st & 2nd break separate.

Tuckshop Convener

Renee Schafer

Phone: 0411 523 969

E-mail:

www.renee.schafer@bne.catholic.edu.au

Tuckshop Operates On:
Thursday & Friday
All Day - 1st & 2nd Breaks.

SUSHI PRE-ORDER
Orders cut off 1:30pm the Thursday prior. If using paper bags, send the order in on Thursday clearly marked "Sushi Friday"

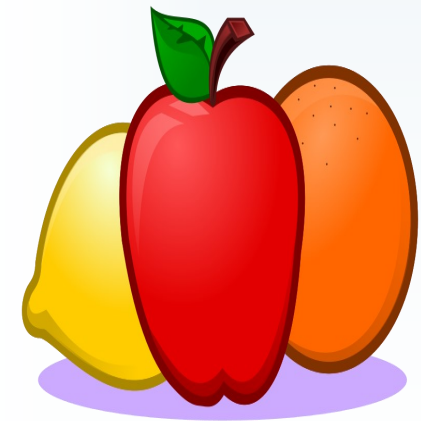
SMART CHOICES

Green *Have Plenty
Amber *Select Carefully
Red *Occasionally

No Variations will be made to the menu.

Tuckshop Menu

St Rita's Primary School



Sandwiches/Wraps

Ham & Cheese*	\$4.00
Ham or Chicken*	\$4.00
Ham or Chicken & Salad	\$5.00
Chicken, Lettuce & Aioli*	\$4.50
Egg & Lettuce*	\$3.00
Vegemite*	\$2.00
Chicken, Cheese, & Avo*	\$4.50

Toasties

Cheese*	\$3.50
Ham or Chicken & Cheese...*	\$4.50

Salad & Fruits - In Cont.**

Chooses French or Caesar Dressing	
Salad.....	\$2.00
Ham, Chicken or Egg Salad.....*	\$3.50
Fruit Salad.....	\$2.00
With Vanilla Yoghurt*	\$2.50
Watermelon Cups.....200ml..	\$1.00

All salads are lettuce, tomato, carrot, beetroot, cucumber & corn.

Drinks

Milk*.....250ml.....	\$2.00
(Choc, Straw & Vanilla)	
Fruit Juice*.....250ml.....	\$1.50
(apple,tropical,apple & blackcurrent)	
Crazy Lemon*.....200ml.....	\$2.00
Chill Iced Tea*.....250ml.....	\$2.00
(Raspberry, Lemon & Peach)	
Water*.....600ml.....	\$1.40

Hot Food

Cheeseburger*.....	\$4.50
(Beef Pattie, Cheese, Pickles & Tomato Sauce)	
Chicken Burger*.....	\$4.50
(Chicken Breast, Lettuce & Aioli)	
Chicken Tender Wrap*.....	\$4.00
(w/ lettuce and Aioli)	
Lasagne*.....	\$3.50
Macaroni and Cheese*.....	\$3.50
(homemade)	
Corn on the Cob*.....	\$0.80
(With Butter)	
Garlic Bread*.....	\$1.50
Mini Meat Pie*.....	\$1.20
Sausage Roll*.....	\$2.60
Chicken Nuggets* (6).....	\$3.00
Tomato, BBQ Sauce, Mayo*.....	\$0.30

****Taco Thursdays Only****

2 x Mini Soft Shell Boats, Mince,
Lettuce, Cheese, Tomato & Sour Cream.

\$4.00

****Sushi Fridays****

PRE-ORDER for FRIDAY ONLY

All Sushi.....	\$3.00
Soy Sauce.....	\$0.30
Vegetable Tempura	
Chicken and Avo	
Teriyaki Chicken	
California	
Avocado	
Tuna or Tuna & Avo	

Snacks

Vita-Wheat*(2).....	\$0.50
(vegemite or cheese)	
Snack Pack*.....	\$2.00
(carrot, cucumber & celery sticks w/ Tzaziki or Salsa Dip)	
Hard Boiled Egg*.....	\$0.60
(not in shell)	
Slinky Apple (Red/Green)*.....	\$1.00
Frozen Fruit*.....	\$1.00
(Varies between Grapes & Mango)	
Muffins*.....	\$1.40
(Raspberry or Blueberry)	
Banana Bread*.....	\$2.20
Choc Chip Cookie*.....	\$0.60
Pikelets*.....homemade x2	
(may contain traces of fruit).....	\$0.60
Popcorn*.....(Plain).....	\$1.50
Red Rock Chips*.....	\$2.00
(Sea Salt, Honey Soy Chicken)	
Messy Monkey Chips*.....	\$1.00
(Burger or Cheese)	
Coco Balls*.....	\$0.30
(will contain various fruits and coconut)	

Ice Creams

Frozen Greek Yoghurt*.....	\$2.50
(Straw/Vanilla, Choc/Vanilla & Watermelon/ Mango)	
Weis Bars*.....	\$2.00
(Strawberry & Milk or Mango, Passionfruit & Milk)	
Lemonade Icy Twist*.....	\$1.10
Quelch*.....	\$0.50
Mini Callippo*.....	\$1.00
Slushy 99% Fruit Juice*	
- Small - 100ml.....	\$1.00
- Big - 200ml.....	\$1.50
Zing*.....	\$0.30