

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 Flexischools.

www.flexischools.com.au

Click "register now" to create your account. Top up your balance online and then you can start ordering.

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

Phone: 0411 523 969

E-mail:

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

Tuckshop Operates On:

Wednesday: 1st Break

Thursday: 1st Break

Friday: All Day

SUSHI PRE-ORDER

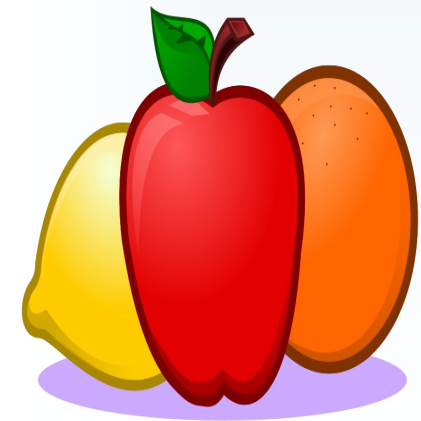
Orders cut off 1:30pm the Thursday prior. If using paper bags, send the order in on Thursday clearly marked "Sushi Friday"

SMART CHOICES

- Green *Have Plenty
- Amber *Select Carefully
- Red *Occasionally

Tuckshop Menu

St Rita's Primary



Sandwiches/Wraps

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

Toasties

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

Salad & Fruits - In Cont.**

Chooses French or Caesar Dressing	
Salad.....	\$4.00
Small.....	\$2.00
Ham, Chicken or Egg Salad.....	\$5.00
Small.....	\$2.50

Fruit Salad.....	\$2.00
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With Vanilla Yoghurt*	\$2.50
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All salads are lettuce, tomato, carrot, beetroot & cucumber.

Drinks

Milk*.....250ml.....	\$2.00
(Choc, Straw & Banana, Plain)	
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

Napolitana Pasta*.....	\$3.50
(homemade)	
Macaroni and Cheese*.....	\$3.50
(homemade)	
Corn on the Cob*.....	\$0.80
Garlic Bread*.....	\$1.50
Hamburger*.....	\$5.50
Chicken Burger*.....	\$5.50
(Both Burgers have salad)	
Chicken Tender Wrap*.....	\$4.50
(w/ lettuce and Aioli)	
Mini Meat Pie*.....	\$1.20
Sausage Roll*.....	\$2.60
Chicken Nuggets* (6).....	\$3.00
Tomato, BBQ Sauce, Mayo*.....	\$0.30

** Sushi Fridays**

PRE-ORDER for FRIDAY ONLY

All Sushi.....	\$3.00
Soy Sauce.....	\$0.30
Vegetable Tempura	
Chicken and Avo or Cream Cheese	
Teriyaki Chicken	
Crumbed Prawn and Avo	
California	
Avocado	
Tuna or Salmon/Tuna & Avo	
Grilled Chicken & Avo or Salad	

Snacks

Snack Pack Extra*.....	\$3.00
(carrot &cucumber sticks, crackers, boiled egg, cheese cubes w/ Tzaziki or Salsa Dip)	
Snack Pack*.....	\$2.00
(carrot & cucumber sticks, crackers w/ Tzaziki or Salsa Dip)	
Slinky Apple (Red/Green)*.....	\$1.00
Frozen Grapes/Oranges*.....	\$0.50
Hard Boiled Egg*.....	\$0.60
(not in a shell)	
Muffins*.....	\$1.40
(Raspberry or Blueberry)	
Banana Bread*.....2 slices.....	\$2.20
Pikelets*.....homemade x2	
(may contain traces of fruit).....	\$0.60
Popcorn*.....	\$1.50
(Plain, Sweet & Salty)	
Red Rock Chips*.....	\$2.00
(Sea Salt, Honey Soy Chicken & Sweet Potato Sea Salt)	
Hello Pandas*.....	\$1.00

Ice Creams

Frozen Greek Yoghurt*.....	\$2.50
(Straw/Vanilla, Choc/Vanilla & Watermelon/ Mango)	
Rainbow Paddle Pop*.....	\$1.50
Vanilla Ice Cream Tubs*.....	\$1.30
Lemonade 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