



The following menu items are available at Recess and Lunch Monday to Friday

SANDWICHES (Sandwiches can be toasted for an additional 50c)

Vegemite EF DF	\$2.50	N/A	Egg/Curry Egg DF	\$4.20	\$4.70 GF
Honey EF DF	\$2.50	\$3.00 GF	Egg/Curry Egg & Lettuce DF	\$4.50	\$5.00 GF
Cheese EF	\$3.00	\$3.50 GF	Strawberry Jam EF DF	\$2.50	\$3.00 GF
Cheese & Tomato EF	\$3.30	\$3.80 GF	Cheese & Vegemite Scroll EF	\$3.00	N/A
Cheese & Vegemite EF	\$3.30	\$3.80 GF	Bagel & Cream Cheese	\$3.00	N/A

WRAPS AND SALAD BUNS (made fresh to order each day)

**Gluten
Free**

Small

Large

Salad Wrap EF Add Egg \$1.00 (Lettuce, Tomato, Cucumber, Carrot, Cheese, Mayonnaise)	\$5.70 GF	\$5.20	\$6.70
Salad Bun EF Add Egg \$1.00 (Lettuce, Tomato, Cucumber, Carrot, Cheese, Mayonnaise)	\$5.70 GF	\$5.20	N/A
Falafel Wrap EF Add Egg \$1.00 (Lettuce, Tomato, Cucumber, Carrot, Tzatziki, Falafel)	\$6.70 GF	\$6.20	\$7.70
Gourmet Wrap EF Add Egg \$1.00 (Lettuce, Tomato, Cucumber, Roast Pumpkin, Haloumi, Hummus)	\$6.70 GF	\$6.20	\$7.70

SALADS (made fresh to order each day)

Small

Large

Pumpkin Salad GF EF Add Egg \$1.00 (Lettuce, Cucumber, Tomato, Red Onion, Feta, Roast Pumpkin, Sunflower seeds, Honey Balsamic Dressing)	\$5.20	\$6.70
Garden Salad GF EF Add Egg \$1.00 (Lettuce, Cucumber, Carrot, Capsicum, Tomato, Cheese, Balsamic Dressing)	\$5.20	\$6.70
Greek Salad GF EF Add Egg \$1.00 (Lettuce, Cucumber, Tomato, Red Onion, Olives, Feta, Italian Dressing)	\$5.20	\$6.70
Budda Bowl with Falafel or Haloumi Cheese GF EF Add Egg \$1.00 (Lettuce, Cucumber, Rice & Quinoa, Black Beans, Corn, Guacamole, Tzatziki)	N/A	\$7.20

SNACKS

Weetbix Chocolate Slice EF	\$1.50	White Chocolate Chip Cookie	\$1.30	Veggie Sticks w/ Hummus GF EF DF Add Cheese 50c	\$3.50
Apricot Coconut Slice GF EF DF	\$1.50	Mini Double Choc Chip Cookie	60c	Veggie Sticks w/ Tzatziki GF EF Add Cheese 50c	\$3.50
		Choc Chip Cookie	\$1.30		
Piece of Fruit – Apple or Banana	\$1.50	Banana Bread	\$3.00	Yoghurt, Fruit & Homemade Muesli Blueberry, Mixed Berry & Raspberry	\$3.50
Orange (cut)	\$2.00	Banana Bread Toasted - Butter 50c	\$3.50	Muffin – Fresh Baked each day	\$2.70
Watermelon	\$3.50	Anzac Biscuit EF	\$1.30	Boiled Egg GF DF	\$1.00
Apple Slinky	\$2.00	Chocolate Cake GF	\$1.50	Cheese and Crackers	\$2.50

HOT FOOD – Lunch Only

Small

Medium

Nachos GF EF (Corn Chips, Cheese, Beans, Guacamole & Sour Cream)	\$5.00	\$7.00
Haystacks GF EF (Corn Chips, Cheese, Beans, Lettuce, Tomato, Cucumber, Capsicum, Guacamole & Sour Cream)	\$5.50	\$7.50
Burrito EF (Rice & Quinoa, Beans, Black Beans, Cheese, Guacamole & Sour Cream)		\$6.20
Garlic Bread EF DF		\$2.00
Hotdog EF DF (Sauce 50c)		\$4.20
Hotdog and Cheese EF (Sauce 50c)		\$4.50
Jacket Potato with Sour Cream and Cheese GF EF (Potato, Cheese & Sour Cream)		\$4.50
Jacket Potato Nacho Style GF EF (Potato, Cheese, Beans & Sour Cream)		\$5.50
Homemade Spinach and Feta Roll (Sauce 50c)		\$4.80
Homemade Vegetarian Sausage Roll (Sauce 50c)		\$4.80

SPECIALS OF THE DAY The following menu items are only available on the day specified below.

Mon	Cheese or Cheese and Pineapple Pizza EF \$4.50 / \$5.00 GF AVAILABLE for additional \$1.00	Apple & Cinnamon Muffin	\$2.70
Tues	Spring Rolls(4pce) with Thai Sweet Chilli Sauce EF DF \$5.00 Cheese Burger (Veg Patty, Cheese) Tomato or BBQ Sauce \$5.50 Salad Burger, (Veg Patty, Cheese, Lettuce, Tomato, Cucumber, Mayo) \$6.50	Mixed Berry & White Choc Muffin	\$2.70
Wed	Cheese or Cheese and Pineapple Pizza EF \$4.50 / \$5.00 GF AVAILABLE for additional \$1.00	Blueberry Muffin	\$2.70
Thurs	Potato Gnocchi EF with Homemade Napolitano Sauce & Parmesan Cheese Small \$5.00 Large \$6.50 GF AVAILABLE for additional \$1.00	Banana & Choc Chip Muffin	\$2.70
Fri	Macaroni & Cheese with Homemade Cheese Sauce EF Small \$5.00 Large \$6.50 GF AVAILABLE for additional \$1.00	Raspberry & White Choc Muffin	\$2.70

DRINKS

Spring Water 600ml GF EF DF	\$2.00	Glee 250ml GF EF DF Blackcurrant, Grape, Raspberry, Tropical	\$2.80
Spring Water 1L GF EF DF	\$3.00	Up & Go 250ml EF Banana, Chocolate, Strawberry, Vanilla	\$3.00
Full Cream Milk 300ml GF EF	\$1.80	Waterfords Sparkling Mineral Water 475ml Tahitian Lime, Orange Passionfruit, Apple Berry, Watermelon GF EF DF	\$3.80
Sipahh Straws & 300ml Full Cream Milk EF Caramel, Cookies & Cream, Honeycomb, ChocMint	\$2.80	Slushies (Terms 1 & 4 Only)	\$2.20 \$3.20
Breakea 300ml GF EF Chocolate, Banana, Strawberry	\$2.80	Hot Chocolate GF EF (Terms 2 & 3 Only)	\$2.50
Breakea 500ml GF EF Chocolate, Banana, Lime, Strawberry	\$4.00	Juice Poppers 250ml GF EF DF Apple, Apple & Blackcurrant	\$1.80

CHIPS
ICE CREAMS

Popcorn 13g GF EF DF	\$0.60	Quelch Fruit Sticks GF EF DF Mango, Orange, Pineapple, Tropical	\$0.70
Pretzels 30g EF DF	\$1.50	Mini Calippo GF EF DF Raspberry & Pineapple	\$1.70
Grain Waves 28g EF Sour Cream & Chives	\$1.50	Paddlepop GF EF DF Lemonade Icy Twist	\$1.70
Piranha Snaps GF EF DF BBQ, Light & Tangy Salsa, Oregano & Thyme	\$2.00	Bulla Vanilla Cup GF	\$1.80
Smith's 45g GF EF Cheese & Onion, BBQ, Original & Salt & Vinegar	\$2.50	Paddlepop Chocolate, Rainbow	\$2.20
Red Rock Deli 45g GF EF Balsamic Vinegar, Sweet Chilli & Sour Cream, Sea-Salt	\$2.50	Twisted Frozen Yoghurt GF Watermelon & Mango, Strawberry & Vanilla, Chocolate & Vanilla	\$2.70

Please note that Prep and Year 1 students are not permitted to purchase from the Tuckshop, they are required to have an online order for their Recess and Lunch.

All Orders must be submitted by 8:15am on Munch Monitor.

For Tuckshop assistance call Tuckshop 32044796.

Prices subject to change without notice.

For Munch Monitor assistance contact help@munchmonitor.com or 1300 796 190