



# NORTHPINE NIBBLES MENU 2020

This tuckshop menu is designed to accommodate a healthy menu with all meals made fresh in our tuckshop. Low fat, fresh ingredients are used with healthy substitutions made wherever possible. Symbols are included in the menu to show **gluten free (GF)**, **egg free (EF)** and **dairy free (DF)**. Although we do not use nuts in any of our recipes, we cannot eliminate traces. **If you have a child with allergies, please choose carefully to avoid any allergic reaction.**

If you have any queries concerning this menu, contact us either by email to [tuckshop@northpine.qld.edu.au](mailto:tuckshop@northpine.qld.edu.au) or phone us on **3204 4796**. We will be happy to help answer any questions concerning your child's tuckshop requirements.

**Orders must be received by 8.45am each morning for lunch and recess that day. HOT FOOD options will be served at LUNCH only. Please note: Prep and year 1 students are NOT permitted to directly purchase items from the tuckshop. They are required to have a written order or online order provided by their parents. All prices are inclusive of GST.**

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

**GF - Gluten Free      EF - Egg Free      DF - Dairy Free**

## SANDWICHES

Sandwiches can be **toasted** for an additional 30c

Vegemite <b>EF</b> (Mightymite for <b>GF</b> )	\$2.20	\$2.70 <b>GF</b>	Egg/Lettuce	\$3.80	\$4.30 <b>GF</b>
Honey <b>EF</b>	\$2.20	\$2.70 <b>GF</b>	Egg	\$3.50	\$4.00 <b>GF</b>
Strawberry Jam <b>EF</b>	\$2.20	\$2.70 <b>GF</b>	Curried Egg/Lettuce	\$3.80	\$4.30 <b>GF</b>
Cheese <b>EF</b>	\$2.50	\$3.00 <b>GF</b>	Curried Egg	\$3.50	\$4.00 <b>GF</b>
Cheese/Tomato <b>EF</b>	\$2.80	\$3.30 <b>GF</b>	Cheese/Vegemite Scroll <b>EF</b>	\$2.50	

## WRAPS AND SALAD BUNS

	Small	Large
Salad Wrap <b>EF</b> (lettuce, tomato, cucumber, carrot, cheese, mayonnaise)	\$3.50	\$5.00
Salad Wrap with Egg (lettuce, tomato, cucumber, carrot, cheese, mayonnaise, egg)	\$4.00	\$5.50
Gourmet Wrap <b>EF</b> (lettuce, tomato, cucumber, haloumi cheese, roast pumpkin, hummus)	\$4.00	\$5.50
Salad Bun <b>EF</b> (lettuce, tomato, cucumber, carrot, cheese, mayonnaise)	\$3.50	
Salad Bun with Egg (lettuce, tomato, cucumber, carrot, cheese, mayonnaise, egg)	\$4.00	
Salad Wrap <b>GF</b> (lettuce, tomato, cucumber, carrot, cheese, mayonnaise)	\$4.00	
Salad Wrap with Egg <b>GF</b> (lettuce, tomato, cucumber, carrot, cheese, mayonnaise, egg)	\$4.50	

## SALADS

	X-small	Small	Large
Haloumi Salad <b>GF EF</b> (Lettuce, Chickpea, Haloumi, Roast Pumpkin, honey balsamic dressing)		\$3.50	\$5.00
Ranch Salad (Lettuce, cucumber, carrot, tomato, corn, beetroot, ranch dressing)		\$3.50	\$5.00
Ranch Salad with Egg (lettuce, cucumber, carrot, tomato, corn, beetroot, ranch dressing)		\$4.00	\$5.50
Garden Salad <b>GF</b> (Lettuce, cucumber, carrot, capsicum, tomato, cheese, balsamic dressing)		\$3.50	\$5.00
Garden Salad with Egg <b>GF</b> (Lettuce, cucumber, carrot, capsicum, tomato, cheese, egg, balsamic dressing)		\$4.00	\$5.50
Greek Salad <b>GF EF</b> (Lettuce, cucumber, tomato, red onion, olives, feta, Italian dressing)		\$3.50	\$5.00
Seasonal Fruit Salad <b>GF EF DF</b>	\$2.50	\$3.50	\$5.00
Seasonal Fruit Salad Cup with Yoghurt <b>GF</b>		\$3.00	

## SNACKS

Coconut Biscuit	50c	Weetbix Chocolate Slice <b>EF</b>	\$1.50	Hummus with Carrot, Cucumber and Celery Sticks <b>GF EF DF</b>	\$3.00
Apricot Coconut Bites (2) <b>GF EF DF</b>	\$1.20	Chocolate Chip Cookie <b>DF</b>	\$1.00	Hummus with Carrot, Cucumber, Celery sticks and Cheese <b>GF EF</b>	\$3.50
Chocolate Coconut Bites (2) <b>GF EF DF</b>	\$1.20	Mini Double Choc Chip Cookie <b>DF</b>	50c	Tzatziki with Carrot, Cucumber and Celery Sticks <b>GF EF</b>	\$3.00
Piece of Fruit – Apple or Banana	\$1.00	Banana Bread	\$2.50	Tzatziki with Carrot, Cucumber, Celery and Cheese <b>GF EF</b>	\$3.50
Orange (cut)	\$1.50	Banana Bread Toasted (Butter add 30c)	\$2.80	Boiled Egg	50c
Apple Slinky	\$1.50	Chocolate Cake Slice <b>GF DF</b>	\$1.00	Cheese and Crackers	\$2.00
Muffin of the day (see specials table)	\$2.50	Yoghurt & muesli cup with fruit (see specials table)	\$3.00		

# LUNCH FOODS

## HOT FOODS – Available for lunch only

	Small	Medium	Large
Nachos <b>GF EF</b> (cornchips, cheese, beans, sourcream, guacamole)	\$4.50	\$5.50	\$6.50
Haystacks <b>GF EF</b> (same as nachos plus - lettuce, cucumber, tomato, capsicum)	\$5.00	\$6.00	\$7.00
Hotdog w Sauce <b>EF</b>		\$3.50	
Hotdog w Sauce and Cheese <b>EF</b>		\$3.70	
Jacket Potato w Sour Cream and Cheese <b>GF EF</b> (Potato, cheese, sour cream)		\$4.00	
Jacket Potato Nacho Style <b>GF EF</b> (same as above plus + beans)		\$5.00	
Spinach and Feta Roll		\$4.50	
Vegetarian Sausage Roll		\$4.50	
Curried Vegetarian Sausage Roll		\$4.50	

### MEAL DEALS

Meal deals are unable to be altered in any way.

#### RECESS \$5.00

Recess A	Recess B (Tues – Fri only)	Recess C	Recess D
Muffin of the day, cheese & crackers, apple slinky	Muffin of the day, cheese & crackers, banana	Vegemite scroll, cheese & crackers, apple slinky	XSmall fruit salad, Hummus w Veges, Popcorn <b>GF EF DF</b>

#### LUNCH \$ 6.50

Lunch A	Lunch B	Lunch C	Lunch D
Sausage roll, apple popper, choc chip cookie	Hot Dog w sauce, small chocolate milk, choc chip cookie	Toasted cheese sandwich, small chocolate milk, weetbix slice	Small nachos, GF choc cake, apple popper <b>GF EF</b>

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

Mon	Vege Burger Regular \$4.50 <b>EF</b> (lettuce, tomato, cucumber, cheese, mayo and vegetable pattie)	Apple Strudel Muffin \$2.50	Apple yoghurt cup & muesli \$3.00 <b>GF EF</b>
	Vege Burger <b>Works</b> \$5.00 <b>EF</b> (lettuce, tomato, cucumber, cheese, mayo, beetroot, carrot and vegetable pattie)		
Tues	Vegetable Curry with Rice <b>GF EF DF</b> Small \$4.50 Large \$6.00	Mixed berry & white choc Muffin \$2.50	Mixed berry yoghurt cup & muesli \$3.00 <b>GF EF</b>
Wed	Cheese Pizza \$4.00 <b>EF</b> <b>GF AVAILABLE ON REQUEST</b>	Peach and coconut Muffin \$2.50	Peach yoghurt cup & muesli \$3.00 <b>GF EF</b>
Thurs	Gnocchi with Napolitano sauce & parmesan cheese Small \$4.50 Large \$6.00 <b>EF</b> <b>GF AVAILABLE for additional \$1.00</b>	Banana & choc chip Muffin \$2.50	Banana yoghurt cup & muesli \$3.00 <b>GF EF</b>
Fri	Cheese and Pineapple Pizza \$4.50 <b>EF</b> <b>GF AVAILABLE ON REQUEST</b>	Raspberry & white choc Muffin \$2.50	Raspberry yoghurt cup & muesli \$3.00 <b>GF EF</b>
	Macaroni and Cheese <b>EF</b> Small \$4.00 Large \$5.50 <b>GF AVAILABLE for additional \$1.00</b>		

ORDERING ONLINE IS FAST AND CONVENIENT AND SO EASY WITH OUR MUNCH MONITOR ONLINE ORDERING SYSTEM

## DRINKS and ICECREAMS

JUICE POPPERS 250ml		GLEE SPARKLING FRUIT JUICE 250ml		
Apple	\$1.50	Rocking Raspberry Blackcurrent Burst Tropical Treat Bubblegum Grape		\$2.50
Apple & Blackcurrant	\$1.50			
UP n GO 250ml		WATER		
Chocolate	\$2.80	Nu Spring Water	600ml	\$1.00
Vanilla	\$2.80	Cooroy Mountain Spring Water	1L	\$2.00
Banana	\$2.80	Nu Water Sparkling	500ml	\$1.50
Strawberry	\$2.80	<b>CHILL ICED TEA 335ml</b>		
BREAKA		300ml		500ml
Chocolate	\$2.50	\$3.70	Raspberry, Peach, Blackcurrent	
				\$2.50
Vanilla		\$3.70	<b>SPARKLING MINERAL WATER FLAVOURED 475mL</b>	
Strawberry	\$2.50	\$3.70	Tahitian Lime / Orange Passionfruit / Orange Mango	
				\$3.00
Iced Coffee ( <b>High School only</b> )	\$2.50	\$3.70	<b>ICE CREAMS</b>	
Sipahh Straws – Chocolate or Strawberry		50c	Twisted Frozen Yogurt <b>GF</b>	Watermelon & Mango
Milk - Full Cream 300ml		\$1.20		Strawberry & Vanilla
Slushie (terms 1 & 4 only) <b>Small</b>		\$1.70		Chocolate & Vanilla
Slushie (terms 1 & 4 only) <b>Medium</b>		\$2.20	Quelch Fruit Stick – <b>GF DF</b>	Orange, Mango, Pineapple, Tropical
Hot Chocolate (terms 2 & 3)		\$2.50	Icy Twist <b>GF DF</b>	
			Shaky Shake	
				\$2.00
CHIPS				
Piranha Snaps <b>GF EF DF</b>	Oregano & Thyme, Light	\$1.50	Mini Calipo <b>GF DF</b>	Raspberry/Pineapple
	Tangy Salsa			\$1.20
	Smokehouse BBQ			
Popcorn 13g <b>GF EF DF</b>		\$0.50	Paddlepops	Chocolate, Rainbow
				\$2.00
Smiths 45g	Cheese n Onion <b>GF</b>	\$2.50	Streets Vanilla Icecream Cup	
	BBQ <b>GF</b>			
	Original <b>GF DF</b>			
	Salt & vinegar <b>GF</b>			
Red Rock Deli 45g	Sweet Chilli & Sour Cream <b>GF</b>	\$2.50	<b>SORBETS</b>	
	Original <b>GF DF</b>			
	Balsamic Vinegar <b>GF</b>			
Pretzels 30g <b>DF</b>		\$1.40	Orange/Mango <b>GF</b>	
				\$3.00
Grain Waves 28g - Sour Cream & Chives		\$1.50	Pomegranate/Lemon <b>GF</b>	
				\$3.00
				\$3.00
			Mango/Passionfruit <b>GF</b>	
				\$3.00

**Please note: Primary school (Prep to Year 6) students will not be permitted to purchase iced coffee.**