

# MC DOWALL STATE SCHOOL - PREP 2009 TUCKSHOP MENU

All orders **must** be written on a brown paper bag (with money) and placed in lunch baskets by 8:45am

**PREP MENU ONLY \*\* PREP MENU ONLY \*\* PREP MENU ONLY \*\* PREP MENU ONLY \*\* PREP MENU ONLY \*\* PREP MENU ONLY**

\* Lavish Wrap and Bread are all preservative free

G = Green Food

A= Amber Food

CONVENOR: CHRIS SMITH - 3872 5304

## SANDWICHES & ROLLS

(White or Wholemeal)		
	S'wich	Roll
<b>G</b>	Roast Chicken, Leg Ham or Tuna with salad	\$ 3.50 \$ 3.80
<b>G</b>	Roast Chicken, Leg Ham or Tuna	\$ 2.50 \$ 2.80
<b>G</b>	Salad - Cheese, Tomato, Lettuce, Carrot	\$ 2.50 \$ 2.80
<b>G</b>	Egg and Lettuce	\$ 2.00 \$ 2.50
<b>G</b>	Egg	\$ 1.60 \$ 2.00
<b>A</b>	Cheese	\$ 1.60 \$ 2.00
<b>A</b>	Vegemite or Strawberry Jam	\$ 1.00 \$ 1.50
<b>G</b>	Buttered - 1 slice of bread or roll	\$ 0.30 \$ 0.80
<b>G</b>	Beetroot extra	\$ 0.20

## LAVISH WRAP

	Half	Whole
<b>G</b>	Chicken, Leg Ham or Tuna with salad	\$ 2.30 \$ 4.50
<b>G</b>	Salad and Cheese	\$ 1.50 \$ 3.00

## SALAD BOX (served with fork)

<b>G</b>	Chicken, Leg Ham or Tuna with salad	\$ 5.00
<b>G</b>	Egg Salad	\$ 4.00
<b>G</b>	Salad - lettuce, carrot, tomato, pineapple, cheese and beetroot	\$ 3.50
<b>G</b>	Boiled egg	\$ 0.50

## SPECIAL TREATS

<b>A</b>	Double choc chip cookie	\$ 0.60
<b>A</b>	Hello Panda - biscuits with choc filling	\$ 0.60
<b>A</b>	Cakes and muffins	\$ 0.60
<b>A</b>	Popcorn	\$ 0.50
<b>A</b>	JJ Noodles baked - Chicken, BBQ	40c/60c
<b>A</b>	Red Rock Chips - Honey Soy Chicken	\$ 0.90
<b>A</b>	Smiths - Original	\$ 0.90
<b>A</b>	Piranha Vege Chips - preservative and gluten free	\$ 0.80
<b>A</b>	Burgerman	\$ 0.60
<b>A</b>	School Straps - Berry / S'berry / B'sour	\$ 0.60
<b>A</b>	Jelly Fruit Drops	\$ 0.20
<b>A</b>	Mini Pretzels	\$ 0.70
<b>A</b>	Rice Crackers	\$ 0.70
	Yoghurt fruits - one bag only	\$ 0.50

## HOT FOOD

<b>A</b>	Chicken Nuggets - (4 for \$1.60)	\$ 0.40
<b>A</b>	Chicken burger - lettuce and mayo	\$ 3.50
<b>A</b>	Chicken burger with mayo - no lettuce	\$ 3.30
<b>A</b>	Beef burger - lettuce, cheese, tomato sauce	\$ 3.50
<b>A</b>	Lasagne - with fork	\$ 3.50
<b>A</b>	Curried Chicken and rice - with fork	\$ 3.50
<b>A</b>	Cup of potato wedges	\$ 1.60
<b>A</b>	Cup of potato wedges with lite sour cream	\$ 1.80
<b>A</b>	Lite sausage roll	\$ 2.00
<b>A</b>	Beef Traveller Pie	\$ 2.50
<b>A</b>	Pizza - HCP (ham, cheese and pineapple) OR HC (ham and cheese)	\$ 2.00
<b>A</b>	Minced beef and rice noodle roll	\$ 2.20
<b>A</b>	Hot dog - no sauce	\$ 2.00
<b>A</b>	Hot dog - with sauce	\$ 2.20
<b>A</b>	Hot dog - with cheese and sauce	\$ 2.70
<b>G</b>	Cob of corn	\$ 0.80

## JAFFLES

	Half	Whole
<b>A</b>	Cheese	\$ 1.00 \$ 2.00
<b>A</b>	Ham and cheese	\$ 1.30 \$ 2.50
<b>G</b>	Ham and pineapple	\$ 1.30 \$ 2.50
<b>G</b>	Ham, cheese and pineapple	\$ 1.50 \$ 3.00
<b>A</b>	Chicken and lite gravy	\$ 1.50 \$ 3.00
<b>A</b>	Chicken and cheese	\$ 1.50 \$ 3.00
<b>G</b>	Tomato extra	\$ 0.50

## SNACK FOODS

<b>G</b>	1 Cheese and Tomato Cracker	\$ 0.40
<b>A</b>	1 Vegemite Crackers	\$ 0.40
<b>G</b>	Small fruit salad tub and spoon	\$ 1.40
<b>G</b>	Frozen juice cup and spoon - Orange	\$ 0.60
<b>G</b>	Jelly cup and spoon - Red, Green, Orange	\$ 0.50
<b>G</b>	Custard tubs and spoon	\$ 0.80
<b>G</b>	Fresh Yoghurt and spoon	\$ 0.80
<b>G</b>	Fresh fruit - Slinky Apple	\$ 0.80
<b>G</b>	Slinky your own apple from home	\$ 0.10
<b>G</b>	Snack pack - 2 crackers, 2 carrot sticks, 2 sticks cheese and sulta	\$ 1.00

## DRINKS

<b>G</b>	Plain Milk	\$ 0.80
<b>A</b>	Flavoured milk - Choc, Straw, Iced Coffee	\$ 1.70
<b>A</b>	Flavoured milk - Vanilla	\$ 1.40
<b>A</b>	Up & Go - Choc, Straw, Vanilla	\$ 1.50
<b>G</b>	100% popper (250ml) - Apple, Orange, Tropical, Apple/B'currant	\$ 1.00
<b>G</b>	100% popper (125ml) - Apple, Orange, Tropical, Apple/B'currant	\$ 0.80
<b>G</b>	100% poptop (250ml) - Apple, Orange, Tropical, Apple/B'currant	\$ 1.00
<b>A</b>	Fuze 99% juice & bubbles - Raspberry, Orange, Tropical	\$ 1.50
<b>G</b>	Natural spring water	\$ 1.00
<b>A</b>	Fruitwater (500ml) - Apple, Raspberry, Dragon Fruit	\$ 2.00
<b>A</b>	Play Sports Water (350ml) - Lemonade / Blackcurrent	\$ 1.50
<b>A</b>	Cold and hot milo - collect from tuckshop	\$ 0.80

## ICE BLOCKS

<b>A</b>	Water tube - preservative free	\$ 0.50
<b>A</b>	Ice Mony - Chocolate, Strawberry	\$ 0.50

## GLUTEN FREE (PEANUT & PRESERVATIVE FREE)

Sausage Rolls	\$ 3.50
Hans - Little Frankies	\$ 0.50
Pizza	\$ 2.00
Nacho	\$ 1.50
Muffins & Biscuits	\$ 0.60
Jaffle - Cheese	\$ 2.00
Jaffle - Ham & Cheese	\$ 2.50
Jaffle - Ham, Cheese & Pineapple	\$ 3.00
Jaffle - Chicken and Cheese	\$ 2.50
Ice Mony - Chocolate, Strawberry	\$ 0.50
Water tube - preservative free	\$ 0.40
Piranha Vege Chips - gluten free only	\$ 0.90
Outback Animals Tiny Biscuits	\$ 0.80
Rice Bites	\$ 0.70
Snack pack - 4 rice crackers, 2 carrot sticks, 2 cheese sticks & sultanas	\$ 1.00

## EXTRA ITEMS

Tomato sauce - per sachet	\$ 0.20
BBQ Sauce - per sachet	\$ 0.25
Mayo	\$ 0.10
Lunch Bag - each	\$ 0.05
Lunch Bag - bundle of 10	\$ 0.50
Plastic Cutlery - for food from home	\$ 0.05