

MRSS Tuckshop Menu

2018 Term 4 – open Monday, Wednesday & Friday



Sweet potato wedges \$3.50

BLT – Bacon, lettuce, tomato, aioli on a lightly toasted Turkish roll \$5.00 (DF)

Sweet chilli chicken wrap – (lettuce, tomato, carrot, cucumber, aioli & a sweet chilli chicken tender). \$5.00

(Made by your Tuckshop)

Meatball Sub- \$4.00

Beef meatballs with a homemade tomato sauce in a bun, with or without cheese. (includes vege stock made in the Thermomix)

Rice noodle salad \$5.00

Contains rice noodles, lettuce, carrot, cucumber and your choice of karage chicken, sweet chilli chicken or beef meatballs.

Sauce: fish sauce, lemon juice, palm sugar, mint, coriander.

Made in the Tuckshop

Risotto – chicken (with hidden vege) \$5.00 GF

Risotto – vegetarian (with hidden vege) \$4.50 GF

Hakka Lotus Leaf Buns : (like a soft taco)

Karage chicken or sweet chilli chicken with lettuce, carrot, cucumber and aioli **\$4.50 or two for \$8.00**

Made in the Tuckshop

Mrs Macs Gluten Free Pie \$4.50

Dim Sims - \$1.00

Pies & Sausage Rolls - \$2.80

GF ricotta & vege roll \$3.50

Chicken nugget meal deal (milk) \$5.00

Chicken nugget meal deal (juice) \$5.50

Nuggets (4) \$3.00 GF & Tempura

BBQ Pork Riblet Roll \$4.00

Butlers BBQ Pork riblets on a roll

(Ribs are boneless)

With salad \$4.30

Allied chef Mac-n-Cheese \$4.00

Mac-n-cheese (GF) \$4.50

Sauces - .30c each

Soy sauce, BBQ, Tomato, Sweet Chilli sauce, Aioli, Southwest Chipolte sachets available

Large Salad Box \$5.00

Lettuce, tomato, cucumber, carrot, beetroot, egg, cheese & pineapple.

To add ham or chicken add \$1.00

To add mayo add \$0.30c (DF & EF)

Mini salad box \$3.50

The same as a large salad box, just smaller!

PIZZA – Monday & Wednesday only GF available

\$6.00 each in your own pizza box \$6.50 for GF

Hawaiian (ham, pineapple & cheese)

Ham & cheese (ham & cheese)

BBQ Chicken – (chicken, BBQ sauce & cheese)

All pizzas have tuckshop made pizza sauce packed with vege on a mission pizza base.

BURGERS

Chicken Burger - Homestyle chicken patty, on a fresh bread bun with lettuce, tomato, & mayo. (DF) **\$5.00**

Beef Burger - Homestyle beef patty on a fresh bread bun with tomato sauce, lettuce, tomato & beetroot. **\$6.00**

Vege Burger – Vege patty on a fresh bun with tomato sauce, lettuce, tomato and beetroot. **\$6.00**

To add cheese add .50c.

Mayonnaise used is **DAIRY & EGG FREE.**

Hot Dogs - \$4.00 (Gluten Free now available \$5.50)

97% fat free with cheese & tomato sauce on fresh hot dog buns. Please note – if you would like BBQ sauce instead, or no cheese, or no sauce etc... please write that on your order form.

Snacks

Boiled egg \$1.00 (GF & DF)

Popcorn \$0.50c (GF, EF & DF)

Apple slinky \$2.00 (GF, EF & DF)

Orange (cut into eighths) \$2.00 (GF, EF & DF)

Seasonal fruit cup \$3.50

Hommus & vege sticks \$2.50 (GF, EF & DF)

Yoghurt with crunchy topping \$3.00 (GF, EF)

KIS bites - plain or tropical \$1.20 (GF, EF & DF)

(cacao, date & coconut)

Edamame Bean cup \$3.00

Chips (plain, Honey soy, S&V) Piranah BBQ (GF) \$1.50

Garlic Bread Roll \$1.50

GF Garlic Bread Roll \$2.00

Plain milk snack combo \$1.50

Flavoured milk snack combo \$2.50

TANIA MULLER – TUCKSHOP CONVENOR

MRSS P & C Association ABN 55 612 457 461

Tuckshop.MRSS@gmail.com Ph 3422 8222

HOMEBAKE COOKIE	\$1.00 GF \$1.50
HOMEBAKE Muffin/cupcake	\$1.50 GF \$2.50
Vanilla cake (made in the tuckshop)	\$1.00
Banana bread	\$1.20

DRINKS

Cup of plain milk	\$1.00
Cup of plain milk with Sippah straw	\$1.40

(flavoured straw = quarter teaspoon sugar)

Water 600ml	\$1.50
--------------------	---------------

(.20c per bottle to The Unite Project – supporting Youth homelessness)

Juice Bombs (lightly carbonated)	\$2.00
---	---------------

Vanilla/lime ,Apple/raspberry, Orange/passio, Grape

Breaka Flavoured milk	\$1.50
------------------------------	---------------

(UHT 250ml chocolate, strawberry & vanilla carton)

BREAKA flavoured (fresh) milk	\$2.00
--------------------------------------	---------------

(strawberry or chocolate)

Emma & Tom's flavoured milks & juices

Chocolate, Strawberry or Caramel fresh milk	\$2.20
--	---------------

(no added sugar, GF, no preservatives, permeate free)

Straight OJ, Pressed Cloudy Apple or Fruit Smoothie Karma Rama (tropical) 250ml	\$2.20
--	---------------

(no added sugar, no preservatives or concentrates)

Ice Blocks

Lemonade Fizzers	\$0.80c
-------------------------	----------------

Juicies (tropical)	\$0.80c
---------------------------	----------------

Vanilla ice cream cup	\$1.50
------------------------------	---------------

Calippo	\$1.00
----------------	---------------

Icy Twist (lemonade)	\$1.20
-----------------------------	---------------

Paddlepop - Chocolate, Rainbow	\$1.50
---------------------------------------	---------------

Slush Puppie (99% fruit juice)	\$2.20
---------------------------------------	---------------

Frozen yoghurt – choc/vanilla, watermelon/mango or strawberry/vanilla	\$2.00
--	---------------

Bulla frozen yoghurt – mango or raspberry	\$2.20
--	---------------

Sorbet - mango & passionfruit or lemon	\$3.00
---	---------------

Jelly sticks	\$0.20
---------------------	---------------

GREEN rated food EAT OFTEN

AMBER rated food.....EAT OCCASIONALLY

RED rated food....EAT SPARINGLY

TOASTED SANDWICHES & WRAPS

All made with wholemeal bread with no butter, however you can request white bread & butter if you prefer. Wraps are wholemeal.

Toasted sandwiches:

Cheese only	\$2.50
-------------	--------

Cheese & tomato	\$3.00
-----------------	--------

Ham or chicken, with cheese	\$4.00
-----------------------------	--------

Ham or chicken, with cheese & tomato	\$4.50
--------------------------------------	--------

Toasted wraps: GF now available (add .50c)

Cheese only	\$2.70
-------------	--------

Cheese & tomato	\$3.20
-----------------	--------

Ham or chicken, with cheese	\$4.20
-----------------------------	--------

Ham or chicken with cheese & tomato	\$4.70
-------------------------------------	--------

Sandwiches, wraps & rolls

All sandwiches made with wholemeal bread with no butter, however you can request white bread & butter if you prefer. Wraps are wholemeal & rolls are white.

Sandwiches:

Honey or vegemite	\$2.00
-------------------	--------

(the above are made with butter unless you request none)

Cheese	\$2.30
--------	--------

Cheese & tomato	\$2.80
-----------------	--------

Tuna & mayonnaise	\$3.50
-------------------	--------

Ham or chicken with cheese	\$3.80
----------------------------	--------

Ham or chicken with cheese & tomato	\$4.30
-------------------------------------	--------

Egg, mayonnaise & lettuce	\$3.00
---------------------------	--------

Salad (lettuce, tomato, cucumber & carrot)	\$3.00
--	--------

Ham or chicken with salad	\$4.50
---------------------------	--------

Wraps: GF now available (add .50c)

Cheese	\$2.50
--------	--------

Cheese & tomato	\$2.80
-----------------	--------

Tuna & mayonnaise	\$3.70
-------------------	--------

Ham or chicken with cheese	\$3.70
----------------------------	--------

Ham or chicken with cheese & tomato	\$4.00
-------------------------------------	--------

Egg, mayonnaise & lettuce	\$3.50
---------------------------	--------

Salad (lettuce, tomato, cucumber & carrot)	\$3.50
--	--------

Ham or chicken with salad	\$4.50
---------------------------	--------

Chicken Caesar salad wrap	\$5.00
---------------------------	--------

Roll – white burger bun: (GF roll add \$1.00)

Salad (lettuce, tomato, cucumber, carrot & beetroot)	\$3.50
--	--------