



# P & F Association

Term 1 2008



## Bundaberg Christian College Tuckshop Menu

Please have all orders in by 9.15am!!!

**NO LATE ORDERS WILL BE ACCEPTED!!!**

### Sandwiches

|                      |  |        |   |
|----------------------|--|--------|---|
| Vegemite             |  | \$1.20 | G |
| Egg                  |  | \$1.60 | G |
| Egg & Lettuce        |  | \$2.00 | G |
| Cheese               |  | \$1.60 | G |
| Cheese & Tomato      |  | \$2.00 | G |
| Ham, Cheese & Tomato |  | \$2.80 | G |
| Ham & Cheese         |  | \$2.40 | G |
| Salad                |  | \$2.80 | G |
| Leg Ham              |  | \$2.00 | G |
| Leg Ham & Salad      |  | \$3.00 | G |
| Chicken              |  | \$2.00 | G |
| Chicken & Salad      |  | \$3.00 | G |



\*additional/extra fillings – add \$0.40

\*Salads-Tomato/Lettuce/Carrot/Cucumber/Cheese/Beetroot

\*Toasted – add \$0.40

**Please Note: all sandwiches are made on wholemeal bread**

### Hot Food

|  |          |          |   |
|--|----------|----------|---|
| Pizza Chicken nuggets                        | each     | \$0.65   | A |
|  | Or 3 for | \$1.70   | A |
| Dino chick/ nuggets or plain chick/ nuggets  |          | \$0.50ea | A |
|  | Or 3 for | \$1.40   |   |
| Mini Pies                                    |          | \$0.90   | A |
| Healthy Choice Sausage Roll                  |          | \$1.80   | A |
| Healthy Choice Meat Pies                     |          | \$2.70   | A |
| Oven Baked Chicken strips                    |          |          |   |
| Plain or chilli                              | each     | \$1.60   | A |
|  | Or 3 for | \$4.50   | A |
| Sweet Chilli or Plain chicken                |          |          |   |
| wraps (lettuce, tomato, mayo)                |          | \$3.00   | A |
| Homemade Lasagne                             |          | \$3.20   | A |
| Pizza – Ham & Pineapple (Homemade)           |          | \$1.80   | A |
| Healthy Choice Hot Dog (with tom/must sauce) |          | \$2.00   | A |
| With cheese add                              |          | \$0.40   | A |

### Salads

|                           |  |        |   |
|---------------------------|--|--------|---|
| Fresh garden salad        |  | \$3.20 | G |
| Chicken or Ham & Salad    |  | \$4.00 | G |
| Home made lasagne & Salad |  | \$5.50 | G |

### Burgers & Rolls

|                               |  |        |   |
|-------------------------------|--|--------|---|
| Hot Chicken & Gravy Roll      |  | \$3.80 | A |
| Chicken Fillet & Salad burger |  | \$4.00 | A |
| Hamburger & Salad             |  | \$4.00 | A |

Foods served in the canteen are now categorised according to their fat, sugar and salt content

as:

- GREEN (G)** Healthy choice that can be eaten all the time.
- AMBER (A)** Relatively healthy choice when balanced with green foods.
- RED (R)** These are less healthy choices and should be reserved for special occasions only.

Tuckshop is open 3 days per week – Monday, Wednesday & Friday

### HOW TO ORDER

- Please use a plain white or brown paper bag.
- Write name and class towards bottom of bag, with blue or black pen as shown.
- Please do not staple or sticky tape money inside the bag.
- If change is required, write the amount on the bag.
- If paying for more than 1 order, total all orders on the bag with the money.
- Use a separate bag for each child for each break. Please add 5c per bag as you need them.
- Bundles of bags are available from the tuckshop at \$1.50 for 30 bags.

### Cold Wraps

|                 |  |        |   |
|-----------------|--|--------|---|
| Salad           |  | \$2.80 | G |
| Ham & Salad     |  | \$3.00 | G |
| Chicken & Salad |  | \$3.00 | G |

### Snacks

|                                |  |        |   |
|--------------------------------|--|--------|---|
| Pikelets (2) Jam & Light Cream |  | \$1.50 | A |
| Fresh fruit Salad              |  | \$2.00 | G |
| Apple Slinky                   |  | \$1.00 | G |
| Mousse – Chocolate/Strawberry  |  | \$1.50 | A |
| Packets chips                  |  | \$0.90 | A |
| Frozen Yoghurt                 |  | \$1.50 | A |

A variety of Iceblocks available over the counter

### Soy Products

|                                    |  |        |   |
|------------------------------------|--|--------|---|
| So Good Soy Milk                   |  | \$1.50 | A |
| Strawberry Bliss / Chocolate Bliss |  |        |   |
| King Land Soy Yoghurt              |  | \$1.50 | A |
| Blueberry / Apricot / Strawberry / |  |        |   |
| Mango & Peach                      |  |        |   |

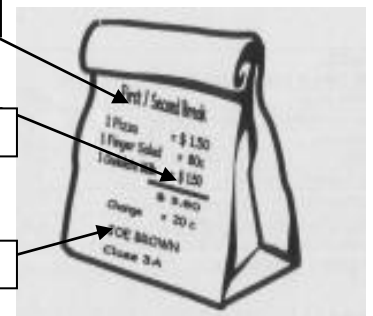
### Drinks

|  |  |        |   |
|--|--|--------|---|
| Plain milk (300ml)                       |  | \$1.00 | G |
| Flavoured milk                           |  | \$1.70 | G |
| Lite chocolate, Strawberry & Iced Coffee |  |        |   |
| Rush Milk – Chocolate, Vanilla, Coffee   |  | \$2.70 | A |
| Juice -orange/o/passionfruit, o/mango    |  |        |   |
| (300ml)                                  |  | \$1.50 | A |
| (500ml)                                  |  | \$1.90 | A |
| Juicy Isles Pop Top -100%juice (300ml)   |  |        |   |
| - Apple, orange, apple/blackcurrant      |  | \$1.60 | A |
| Quench Drinks (350ml)                    |  |        |   |
| - Apple, raspberry, portello, cola       |  | \$1.50 | A |
| Water (600ml)                            |  | \$1.50 | G |
| H2O to Go Water (750ml)                  |  | \$2.00 | G |
| H2O to Go Flavoured Water (750ml)        |  |        |   |
| Lemon/Lime, Boysenberry, Pineapple       |  | \$2.50 | A |

1<sup>ST</sup> or 2<sup>ND</sup> Break

Order & Total & change

Name & Class



99% Fruit Juice  
Low G.I  
Slushies  
\$1.70  
(Amber)



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