

2023 Term 1

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#### (GF) - Gluten Free (V) - Vegetarian

Open Monday - Friday 8:00am -2.30 pm Cashless days Tuesday, Thursday & Friday (online ordering only)

# **DESIGN YOUR OWN SANDWICH OR WRAP**

## Half Serve \$4.00 Full \$6.50

• Wholemeal Bread • White Wrap

•Leg ham (GF) •Chicken Breast •Tuna •Egg (GF)

• Tomato • Grated Carrot

Low fat cheese
Cucumber
Beetroot

•Mayo • Sweet chilli • Caesar (GF)

GF BREAD \$2.00 EXTRA

### **SANDWICHES AND TOASTIES TO GO!**

Vegemite, Strawberry Jam or Honey	\$2.20
Ham, Egg or Cheese	\$2.50
Ham & Cheese	\$3.50
Ham, Cheese & Tomato	\$4.00
Chicken & Cheese	\$4.50
Egg, lettuce & Mayo	\$5.00

**GLUTEN FREE \$2.00 EXTRA** 

# **SALAD BOWLS**

Small \$5.00 Large \$6.50

Mixed lettuce, tomato, cucumber, carrot, cheese Super:

and beetroot.

Lettuce, parmesan cheese, bacon bits, egg, homemade Caesar:

crusty croutons served with a creamy Caesar dressing

# HOT FOOD - BREAK 1 & 2

Homemade Garlic Bread	\$1.50
Corn on the cob (GF)	\$2.00
Party Pie	\$2.00
Chicken Snack Wrap (Chicken, lettuce, mayo in a ½ wrap)	\$4.00
Hot Dog with sauce (School approved hot dog)	\$4.50
Cheeseburger (Beef Pattie, cheese & tomato sauce)	\$5.00
<b>L&amp;M Burger</b> (Chicken, lettuce and mayo)	\$5.00
Gluten Free Nuggets (GF) (5 per serve)	\$5.00
Sausage Roll (Low fat)	\$4.00
Homemade Lasagne (GF)	\$6.00

### PC's Daily Specials

#### Take it Easy Tuesday:

Nuggets, Jumpies and Juice Popper	\$7.00
GF Nuggets, popcorn & Chocolate Milk	\$8.00
Wacky Wednesday:	
Ham & Cheese Pocket, Jumpies & Juice Popper	\$ <b>7.00</b>
Tasty Thursday:	\$7.00
Ham & Cheese Pizza Muffin, Jumpies & Bake of	the day

#### EXTRA's TOMATO or BBQ SAUCE .50C FORK or SPOON 200

## **DRINKS**

Flavoured Milk: Chocolate, Strawberry	\$2.50
Juicee Juice	
Apple & Blackcurrant, Orange & Multi Tropical	\$2.50
Slush Puppie: 99% Pear Juice	\$2.50
Bottled water 600ml	\$2.00

## **SNACKS**

Available over the counter and pre-order		
Hard Boiled Egg (GF)	\$1.00	
Munch & Crunch (GF)		
(Rice crackers, carrot & cucumber sticks, cheese shapes) GF/V	\$3.00	
Munch on the Run		
(Custard Tub and piece of fruit)	\$3.00	
PC's Bake of the Day	\$1.50	
Apple slinky or piece of fruit (GF)	\$1.50	
Vege Chips (GF)	\$2.00	
Jumpies (Original & Chicken)	\$1.50	
Lightly Salted Popcorn (GF)	\$1.00	
Red Rock Chips (Honey Soy and Sea Salt)	\$2.00	
Cheese and Crackers (GF) (6 rice crackers & cheese)	\$2.00	
Cup of Custard	\$2.50	
Fresh Fruit Bag (GF) (Seasonal fruit)	\$3.50	

## **CHILL OUT ICE BLOCKS**

#### Available at the counter 1st & 2nd break

Quelch 99% Fruit Tubes	\$1.00
Frozen Pineapple hula hoop (GF)	.50c
Frozen Fruit Bomb (GF)	\$1.00
Mini Callipo (GF) (Raspberry Pineapple)	\$2.50
Vanilla Tub (GF)	\$2.00
Lemonade Icy Twist (GF)	\$2.00

# **HOW TO ORDER**

**ONLINE:** Why not try our online ordering service? It's fast, efficient, convenient, and all done from home or even on your phone. Order online by 8.30am

Register on www.munchmonitor.com and use these details

ID: picniccreekss Password: munch4209

If a red dot is placed on your child's lunch bag, they will need to collect ice blocks & Slushies from the Tuckshop.

### BE APART OF OUR TEAM - Can you spare 2 hours 9-11am

Did you know our tuckshop relies on the generosity of its volunteers? This is how we keep our prices so affordable. **New** Volunteers are always welcome! Even if it's an hour a fortnight, please pop in or send an email to Nicole.

Thank you