

All meals are homemade

With fresh, lean and

Healthy ingredients.

Supplied by local

Dietary requirements can be catered for.

JUMP THE
QUEUE

PRE-ORDER LUNCH
BEFORE
MORNING TEA

The Tuckshop welcomes anybody interested in volunteering their time during tuckshop hours. If you are unable to volunteer for the whole day the busiest times are 8.30am till 11.00am or 12.25pm till 2.30pm. Any assistance will be appreciated. Please contact the Tuckshop on the details listed below.

**Tuckshop Convenor:
Sharon Brady
St John's College
Tuckshop**

**Perwillowen Road
Nambour
Queensland
4560**

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St John's
College
Tuckshop
2018



MENU

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BREAKFAST SMART START

Smoothie Mango/Berry	Lge	\$4.00
Bacon & Egg Muffin		\$3.00
Ham Cheese Tomato Toastie		\$3.50
Fresh Fruit Salad		\$3.50
Gourmet Yogurt		\$2.50
Cereal Bowl		\$2.50
Muesli Yogurt		\$4.00

SUPER SNACKS

Cheese & Crackers	\$1.50
Muffins	\$1.50
Cakes/Slice/Biscuits	\$2.00
Jelly	\$1.00

DRINKS

MILO Milk Small	\$2.00
100% Juices 250ml Popper	\$1.50
Water	\$1.00

ICEBLOCKS

Assorted Ice blocks	From	.50
Sorbet Mango or Lemon		\$1.00
Real Fruit Slushie		\$2.00

SANDWICH & SALAD BAR

Assorted Sandwiches from \$3.50

WRAPS \$4.00

ROLLS \$4.00

ADD \$1.00 FOR GLUTEN FREE WRAPS

Salad
(Lettuce, Tomato, Carrot, Cucumber & Cheese)
Egg & Lettuce
Chicken & Salad
Ham & Salad
Ham Cheese & Tomato

SALAD TUB

Caesar Salad with Chicken \$4.50

Wild Rice Salad \$4.50

Garden Salad **GF** \$4.50

Add ham or chicken .50

BAGETTE

CHICKEN & AVO \$5.00

CHICKEN & PESTO \$5.00

HAM , CHEESE AND TOMATO \$4.50

HOT FOOD

Sausage Roll \$3.50

Pizza \$3.50

Pepperoni /Ham & Pineapple/ Vege

Vegetable Pastry \$3.50

DAILY SPECIALS

MONDAY:

PENNE BOLOGNESE **GF option available** \$4.00

PESTO PASTA **VEG** \$3.00

TUESDAY:

SUSHI (Chicken/Tuna/Vege) **GF option available** \$4.00

BAKED CHICKEN TACOS \$3.00

WEDNESDAY:

HAMBURGER \$4.00

VEGE BURGER \$4.00

BUTTER CHICKEN **GF** \$4.00

THURSDAY:

NACHOS BEEF / VEGE **GF** \$4.00

Fried Rice **GF** \$4.00

FRIDAY:

CARBONARA \$4.00

LASAGNE **GF option available** \$4.00

FOCCACIA \$4.00
(Aioli, Baby Spinach, Roast Pumpkin, Tomato, Feta)