All meals are homemade
With fresh, lean and
Healthy ingredients.
Supplied by local
Producers and suppliers.

Dietary requirements can be catered for.

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

Phone: 07 5441 5666
Fax: 07 5441 7399
E-mail: sbrady8@bne.catholic.edu.au
BREAKFAST SMART START
Banana Smoothie  Sm $2.00 Lge $4.00
Bacon & Egg Muffin  $2.50
Ham Cheese Tomato Toastie  $3.50
Raisin Bread  $1.00
Fresh Fruit Salad  $3.50
Fresh Fruit in season  $1.50
Gourmet Yogurt  $2.50
Cereal Bowl  $2.50

SUPER SNACKS
Cheese & Crackers  $1.50
Dried Fruit & Nuts  $3.00
Muffins  $1.00
Cakes/Slice/Biscuits  From $1.00
Jelly  $1.00

DRINKS
Flavoured Milk Small  $2.00
Large  $3.50
100% Juices  250ml Popper $1.50
350ml Classic  $2.00
Water  $1.00

ICE BLOCKS
Assorted Ice blocks  From .50
Sorbet Mango or Tropical  $1.50
Real Fruit Slushie  $2.00

SANDWICH & SALAD BAR
Assorted Sandwiches  from $3.50
WRAPS  $4.00
ROLLS  $4.00
Salad
(Lettuce, Tomato, Carrot, Cucumber & Cheese)
Egg & Lettuce
Chicken & Salad
Ham & Salad
Ham Cheese & Tomato

SALAD TUB  $4.50
Caesar Salad
Garden Salad Add ham or chicken .50

BAGETTE
CHICKEN & AVO  $4.50
HAM, CHEESE AND TOMATO  $4.00

HOT FOOD
Sausage Roll  $3.00
Pizza  $3.50
Pepperoni /Ham & Pineapple/ Vege
Hot Dog  $3.00
Pie  $3.50
Vegetable Pastry  $3.50

DAILY SPECIALS
MONDAY:
PENNE BOLOGNESE  $4.00
SNACK WRAP  $2.50

TUESDAY:
SUSHI (Chicken/Tuna/Vege)  $4.00
BUTTER CHICKEN  $4.00

WEDNESDAY:
HAMBURGER  $4.00
VEGE BURGER  $4.00
COLD QUICHE & SALAD  $4.00

THURSDAY:
NACHOS BEEF/VEGE  $4.00
NOODLE BOX  $4.00

FRIDAY:
CARBONARA  $4.00
LASAGNE  $4.00
FOCCACIA  $4.00
(Aioli, Baby Spinach, Roast Pumpkin, Tomato, Feta)