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

Jump the Queue
Pre-order lunch before morning tea.

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MENU 1
**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

**SUPER SNACKS**

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

**DRINKS**

- Flavoured Milk Small: $2.00
- 100% Juices: 250ml Popper $1.50, 350ml Classic $2.00
- Water: $1.00
- Water pop top: $2.00

**ICEBLOCKS**

- Assorted Ice blocks: From .50
- Sorbet Mango or Tropical: $1.00
- 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**
  - Caesar Salad with Chicken: $4.50
  - Garden Salad: $4.50
  - Add ham or chicken: .50

- **BAGETTE**
  - CHICKEN & AVO: $4.50
  - HAM, CHEESE AND TOMATO: $4.50

**HOT FOOD**

- Sausage Roll: $3.00
- Pizza: $3.50
- Pepperoni /Ham & Pineapple/ Vege
- Hot Dog: $3.00
- Vegetable Pastry: $3.50

**DAILY SPECIALS**

**MONDAY:**
- PENNE BOLOGNESE: $4.00
- SNACK WRAP: $2.50

**TUESDAY:**
- SUSHI (Chicken/Tuna/Vege): $4.00
- TACOS: 2 FOR $4.00

**WEDNESDAY:**
- HAMBURGER: $4.00
- VEGE BURGER: $4.00
- BUTTER CHICKEN: $4.00

**THURSDAY:**
- NACHOS BEEF / VEGE: $4.00
- Fried Rice: $4.00

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