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.

JUMP THE QUEUE
PRE-ORDER LUNCH BEFORE MORNING TEA

Tuckshop Convener:
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

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**BREAKFAST SMART START**

<table>
<thead>
<tr>
<th>Item</th>
<th>Small</th>
<th>Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana Smoothie</td>
<td>$2.00</td>
<td>$4.00</td>
</tr>
<tr>
<td>Bacon &amp; Egg Roll</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>Ham Cheese Jaffles</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>Raisin Bread</td>
<td>$1.00</td>
<td></td>
</tr>
</tbody>
</table>

**SUPER SNACKS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese &amp; Crackers</td>
<td>$1.50</td>
</tr>
<tr>
<td>Dried Fruit &amp; Nuts</td>
<td>$1.50</td>
</tr>
<tr>
<td>Fresh Fruit Salad</td>
<td>$3.50</td>
</tr>
<tr>
<td>Muffins</td>
<td>$1.00</td>
</tr>
<tr>
<td>Cakes/Slice/Biscuits</td>
<td>From $1.00</td>
</tr>
</tbody>
</table>

**SANDWICH & SALAD BAR**

**WRAPS** from $3.50

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Sandwiches</td>
<td>$3.00</td>
</tr>
<tr>
<td>Egg &amp; Lettuce</td>
<td>$3.50</td>
</tr>
<tr>
<td>Chicken &amp; Salad</td>
<td>$3.50</td>
</tr>
<tr>
<td>Ham &amp; Salad</td>
<td>$3.50</td>
</tr>
<tr>
<td>Ham Cheese &amp; Tomato</td>
<td>$3.50</td>
</tr>
</tbody>
</table>

**ROLLS** from $3.50

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caesar Salad</td>
<td>$3.50</td>
</tr>
<tr>
<td>Garden Salad</td>
<td>$3.50</td>
</tr>
</tbody>
</table>

**SALAD TUB** $3.50

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caesar Salad</td>
<td>$3.50</td>
</tr>
<tr>
<td>Garden Salad</td>
<td>$3.50</td>
</tr>
</tbody>
</table>

**SALAD ON A PLATE** (Order Only) $4.00

Including Egg & Avocado

**HOT FOOD**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage Roll</td>
<td>$2.50</td>
</tr>
<tr>
<td>Pizza</td>
<td>$3.00</td>
</tr>
<tr>
<td>Pepperoni /Ham &amp; Pineapple/ Vege</td>
<td>$2.50</td>
</tr>
<tr>
<td>Hot Dog</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

**ORDER ONLY**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aussie Burger</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chicken Caesar Burger</td>
<td>$4.00</td>
</tr>
<tr>
<td>Roast Beef Roll (Tuesday only)</td>
<td>$4.00</td>
</tr>
</tbody>
</table>

**DRINKS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain Milk</td>
<td>$1.00</td>
</tr>
<tr>
<td>Flavoured Milk</td>
<td>$2.00</td>
</tr>
<tr>
<td>Lipton Ice Tea</td>
<td>$3.00</td>
</tr>
<tr>
<td>100% Juices</td>
<td>$1.00</td>
</tr>
<tr>
<td>250ml Popper</td>
<td>$1.00</td>
</tr>
<tr>
<td>350ml Classic</td>
<td>$2.00</td>
</tr>
<tr>
<td>600ml Original</td>
<td>$3.00</td>
</tr>
<tr>
<td>Water</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

**ICE BLOCKS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Ice blocks</td>
<td>$1.00</td>
</tr>
<tr>
<td>Sorbet Mango or Tropical</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

**DAILY SPECIALS**

**MONDAY:**

- PENNE BOLOGNESE $3.00
- CHICKEN FILO
  - Feta & Spinach $3.50
  - Bacon & Cheese

**TUESDAY:**

- SUSHI (Chicken/Tuna/Vege) $3.00
- SHEPHERS’S PIE $3.00
- ROAST BEEF & GRAVY ROLL $4.00

**WEDNESDAY:**

- CROISSANTS with Ham & Cheese $3.00
- RAVIOLI (Meat / Vege) $3.00

**THURSDAY:**

- NACHOS BEEF/VEGE $3.00
- FRIED RICE $3.00

**FRIDAY:**

- SWEET CHILLI CHICKEN SNACK WRAP $2.50
- LASAGNE $3.00
- FOCCACIA $3.00
  - (Aioli, Baby Spinach, Roast Pumpkin, Tomato, Feta)