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 Roll  $2.50
Ham Cheese Tomato Toastie  $3.50
Raisin Bread  $1.00
Fresh Fruit Salad  $3.50
Gourmet Yogurt  $2.50
Cereal Bowl  $2.50

SUPER SNACKS
Cheese & Crackers  $1.50
Muffins  $1.00
Cakes/Slice/Biscuits From $1.00—$2.00
Jelly  $1.00

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

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

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

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
Ravioli Ham & Cheese / Vege $4.00

THURSDAY:
NACHOS BEEF / VEGE $4.00
ROAST ROLL $4.00

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