

All meals are homemade

With fresh, lean and

Healthy ingredients.

Supplied by local

Producers and suppliers.

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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**E-mail:**

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St John's  
College  
Tuckshop  
2016



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

## 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
<b>WRAPS</b>		\$4.00
<b>ROLLS</b>		\$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:

<b>PENNE BOLOGNESE</b>	\$4.00
<b>SNACK WRAP</b>	\$2.50

### TUESDAY:

<b>SUSHI (Chicken/Tuna/Vege)</b>	\$4.00
<b>TACOS</b>	2 FOR \$4.00

### WEDNESDAY:

<b>HAMBURGER</b>	\$4.00
VEGE BURGER	\$4.00
BUTTER CHICKEN	\$4.00

### THURSDAY:

<b>NACHOS BEEF / VEGE</b>	\$4.00
Fried Rice	\$4.00

### FRIDAY:

<b>CARBONARA</b>	\$4.00
LASAGNE	\$4.00
<b>FOCCACIA</b>	\$4.00
(Aioli, Baby Spinach, Roast Pumpkin, Tomato, Feta)	