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 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
### BREAKFAST SMART START
- Smoothie: Sm $2.00 Lge $4.00
- Bacon & Egg Roll: $3.00
- Ham Cheese Jaffles: $3.00
- Raisin Bread: $1.00

### SUPER SNACKS
- Cheese & Crackers: $1.50
- Dried Fruit & Nuts: $2.50
- Fresh Fruit Salad: $3.50
- Muffins: $1.00
- Cakes/Slice/Biscuits: From $1.00

### SANDWICH & SALAD BAR
#### Assorted Sandwiches
- Price: from $3.00

#### WRAPS
- Price: $3.50

#### ROLLS
- Price: $3.50

#### Salad
- (Lettuce, Tomato, Beetroot, Carrot, Cucumber & Cheese)

#### SALAD TUB
- Price: $3.50
- Options:
  - Caesar Salad
  - Garden Salad

#### SALAD ON A PLATE (Order Only)
- Price: $4.00
- Including Egg & Avocado

#### BAGUETTE
- Price: $4.00
- Options:
  - Ham Cheese & Tomato
  - Chicken & Avocado

### HOT FOOD
- Sausage Roll: $2.50
- Pizza: $3.00
- Pepperoni/Ham & Pineapple/Vege: $2.50

### ORDER ONLY
- Aussie Burger: $4.00
- Chicken Caesar Burger: $4.00

### DRINKS
- Plain Milk Small 300ml: $1.00
- Flavoured Milk Small: $2.00
- Lipton Ice Tea: $3.00
- 100% Juices 250ml Popper: $1.00
- 350ml Classic: $2.00
- 600ml Original: $3.00
- Water: $1.00

### ICEBLOCKS
- Assorted Ice blocks: $1.00/$1.20/$2.00
- Sorbet Mango or Tropical: $1.00

### DAILY SPECIALS
#### MONDAY:
- PENNE BOLOGNESE: $3.50
- SWEET CHILLI CHICKEN SNACK WRAP: $2.50

#### TUESDAY:
- SUSHI (Chicken/Tuna/Vege): $3.50
- BUTTER CHICKEN: $3.50

#### WEDNESDAY:
- CROISSANTS with Ham & Cheese: $3.50
- RAVIOLI (Meat / Vege): $3.50

#### THURSDAY:
- NACHOS BEEF/VEGE: $3.50
- FRIED RICE: $3.50

#### FRIDAY:
- LASAGNE: $3.50
- FOCCACIA: $3.50
  (Aioli, Baby Spinach, Roast Pumpkin, Tomato, Feta)