

## ST MARKS HEALTHY CHOICE MENU




Tuckshop is open every Wednesday, Thursday & Friday


Tuckshop Convenor – Anna Sinitsky



### SANDWICHES

- |                            |   |        |
|----------------------------|---|--------|
| ☺ Vegemite                 |  | \$3.00 |
| ☺ Egg and Lettuce          |   | \$4.00 |
| ☺ Ham, Cheese and Tomato   |   | \$4.00 |
| ☺ Ham or Chicken and Salad |   | \$5.00 |

### SALAD BOXES

- |                     |  |        |
|---------------------|--|--------|
| ☺ Chicken and Salad |  | \$6.00 |
| ☺ Ham and Salad     |  | \$6.00 |
| ☺ Tuna and Salad    |  | \$6.00 |
| ☺ Plain Salad       |  | \$5.00 |

### HOT FOOD

- |                                  |        |
|----------------------------------|--------|
| ☺ Lasagne                        | \$5.00 |
| ☺ Mini Pies (2)                  | \$4.00 |
| ☺ Sausage Roll                   | \$4.00 |
| ☺ Chicken Burger, Mayo & Lettuce | \$5.00 |


### TOASTED SANDWICHES

- |                          |        |
|--------------------------|--------|
| ☺ Ham and Cheese         | \$3.50 |
| ☺ Ham, Cheese & Tomato   | \$4.00 |
| ☺ Chicken, Mayo & Cheese | \$4.00 |




Place orders into the classroom Tuckshop box by 9am.

### SEASONAL FRUIT

- |                         |   |        |
|-------------------------|---|--------|
| ☺ Assorted Fruit Pieces |  | \$1.50 |
| ☺ Sliced Watermelon     |   | \$1.50 |
| ☺ Fruit and Yoghurt     |   | \$2.00 |

### DRINKS

- |                                |   |                 |
|--------------------------------|---|-----------------|
| ☺ Plain Water                  |  | \$1.50          |
| ☺ Milk Chocolate or Strawberry |   | \$2.50          |
| ☺ Juice                        |   | \$2.00          |
| <u>ICEBLOCKS</u>               |   | \$1.50 - \$2.00 |

### SNACKS

- |                    |        |
|--------------------|--------|
| ☺ Homemade Muffins | \$1.50 |
| ☺ Popcorn or Chips | \$1.00 |

### SUSHI ON THURSDAY'S & FRIDAY'S

PRE-ORDER BY WEDNESDAY  
9AM

- Chicken & Avocado (GF)
- Chicken Teriyaki (GF)
  - Crispy Chicken
- Tuna & Avocado (GF)



**\$3.50ea**

