



# Freshie Tuckshop Menu

Open from 8am - 1:30pm every day

\*prices subject to change anytime without notice

Ph: 40 589 252

tuckshop@freshwaterpandc.com.au

## HOT FOOD

### NEW!

|                     |        |
|---------------------|--------|
| Fried Rice (GF)     | \$6.00 |
| Cheesy Penne Pasta  | \$6.50 |
| Butter Chicken (GF) | \$6.50 |

|                          |        |
|--------------------------|--------|
| Lasagna                  | \$6.00 |
| Spaghetti Bolognese      | \$6.00 |
| Spaghetti Bolognese (GF) | \$6.50 |

|                                         |        |
|-----------------------------------------|--------|
| Cheeseburger<br>(cheese & tomato sauce) | \$6.00 |
| Chicken Burger<br>(lettuce & mayo)      | \$6.00 |

|               |        |
|---------------|--------|
| Traveller pie | \$5.00 |
| Sausage roll  | \$4.50 |
| Garlic Bread  | \$2.00 |
| Corn on cob   | \$1.50 |
| Tomato sauce  | \$0.50 |
| Extra cheese  | \$0.50 |

## FRUIT

|                                        |        |
|----------------------------------------|--------|
| NEW! Blueberries (frozen)              | \$1.50 |
| Pineapple Hoop (frozen)                | \$0.50 |
| Orange Smiley (frozen)                 | \$0.50 |
| Fresh Fruit<br>(Apple, Orange, Banana) | \$1.50 |
| Watermelon Cup                         | \$2.00 |
| Apple Slinky                           | \$2.00 |
| Fruit Salad Cup                        | \$4.50 |

## BREKKIE OPTIONS

|              |             |
|--------------|-------------|
| Kids Milo    | \$4.00      |
| Toasties     | from \$5.00 |
| Chia pudding | \$6.00      |

## TOASTIES & JAFFLES

|                                  |        |
|----------------------------------|--------|
| NEW! Tuna Melt (cheese & tomato) | \$5.50 |
| Cheese toastie                   | \$3.50 |
| Ham & Cheese (or chicken)        | \$5.00 |
| Jaffles (Beans or Spaghetti)     | \$5.00 |
| Ham & Cheese Pocket              | \$5.50 |

## SANDWICHES (& WRAPS)

|                     |        |
|---------------------|--------|
| NEW! Chicken Tender | \$6.50 |
| Jam or Vegemite     | \$2.70 |
| Cheese              | \$3.00 |
| Vegemite & Cheese   | \$3.50 |
| Ham                 | \$3.50 |
| Egg & Lettuce       | \$4.50 |
| Ham & Cheese        | \$4.50 |
| Chicken & Salad     | \$7.00 |

|                           |         |
|---------------------------|---------|
| Option: Make it a wrap    | +\$0.50 |
| Option: Gluten Free bread | +\$1.00 |

## SALADS

|                                |        |
|--------------------------------|--------|
| NEW! Crispy Chicken & Coleslaw | \$8.00 |
| NEW! Greek Salad               | \$7.00 |
| Chicken Caesar Salad           | \$8.00 |

Ordering lunches online is preferred via the **School24** app - cut off time is 9:15am

Orders can also be made at the tuckshop window from 8am - 9am.

\*If your child forgets or loses their lunch, they will be supplied with a sandwich and piece of fruit at the family's expense\*

## SNACKS

|                         |        |
|-------------------------|--------|
| NEW! Banana cake        | \$2.50 |
| Popcorn (Plain salted)  | \$0.50 |
| Boiled Egg              | \$1.50 |
| Choc coconut cake       | \$2.00 |
| Pikelets (2)            | \$2.00 |
| Plain rice Onigiri (GF) | \$2.00 |
| Vaalia Probiotic Yogurt | \$2.50 |
| Cheese & Rice Crackers  | \$2.70 |

|                                                             |        |
|-------------------------------------------------------------|--------|
| Snack Box (cheese, carrot, cucumber, hummus, rice crackers) | \$5.00 |
|-------------------------------------------------------------|--------|

## FROZEN SNACKS

|                                    |        |
|------------------------------------|--------|
| Slushies (99% Natural Fruit Juice) | \$2.00 |
| Quelch Icy Pole                    | \$1.00 |
| Frozie (Lime or Apple Rasp)        | \$1.00 |
| Milk Frozie (Choc or Straw)        | \$1.50 |
| Dixie cup (Vanilla)                | \$1.50 |
| Frozen Yogurt (Strawb)             | \$3.50 |
| Zina's Mango cup                   | \$4.00 |

## DRINKS

|                               |        |
|-------------------------------|--------|
| Plain milk                    | \$2.50 |
| Breaka Choc or Straw milk     | \$3.00 |
| Popper Juice (No Added Sugar) | \$3.00 |
| Bottled water                 | \$3.50 |

## BIRTHDAY TREATS

**Birthday Bucket - \$15**  
Quelch Icy poles for the whole class

**Cake Slab - \$25**  
Chocolate coconut cake for the whole class

## ALLERGY NOTICE

Our kitchen is a mixed-use environment. While we take care to accommodate allergen requirements, we cannot guarantee that any food item is completely free from traces of allergens due to the risk of cross-contamination.