



MARIST COLLEGE EMERALD

# Tuckshop Menu 2017

Our Tuckshop at Marist College has made some exciting changes. We have added new items to the Menu to allow students to make both healthy food and drink choices. Our aim is to share and promote the selection of these choices and to encourage the development of healthy eating habits. We hope to do this by providing fun, fresh and healthy foods to our whole school community. Volunteers play a vital role in the Tuckshop so if you can lend a helping hand we would love the generous gift of your time. Most importantly, it is an enjoyable day with lots of laughs and a great way to meet other parents. So come in for a chat and have a tea or coffee with us.

## PRICELIST

SANDWICHES	
Vegemite Sandwich	\$2.00
Your choice of bread, roll or wrap - Ham, Chicken or Cheese - Salad with Ham or Chicken	\$4.50
Toasted Cheese Sandwich	\$3.50
Toasted Sandwiches - Ham or Chicken - Add Cheese or Tomato	\$4.50
Chicken Tender Wrap	\$6.00
Salad - Caesar - Garden	\$6.00
HOT FOOD	
Freshly Baked Pies	\$3.50
Beef, Cheese & Bacon (Thursday Only)	\$3.80
Freshly Baked Sausage Roll	\$3.00
Chicken Tenders (2nd Break Only)	\$1.50
Sweet Chilli Tenders (2nd Break Only)	\$1.50
Crumbed Fish & Salad	\$7.00
Lasagne & Salad	\$7.00
Quiche & Salad	\$7.00
Tomato Sauce	\$0.30
DAILY SPECIALS	
<b>MON</b> – Hotdogs with cheese & sauce	\$3.50
<b>TUES</b> - Hamburgers with lettuce, tomato, grated carrot, cheese and sauce	\$4.50
<b>WED</b> - Baked Potato with bacon, sour cream, spring onions	\$4.00
<b>THURS</b> - Sushi • Crispy Chicken Avocado • Chicken Avocado • Chicken Teriyaki (cucumber) • Tuna Avocado <i>NB: Due to the expected high numbers of orders, all orders for Sushi must be placed and paid for by Wednesday afternoon 2pm</i>	\$4.00
<b>FRI</b> - Homemade Hawaiian Pizza made on bread rolls	\$3.50

SNACKS	
Snack Box	\$3.50
Fruit Cup	\$3.50
Popcorn	\$0.50
Pretzels	\$0.50
Lamington	\$2.00
Blueberry Muffin	\$2.00
Brownie	\$2.00
Snack Apple Pie	\$2.00
DRINKS	
Small Flavoured Milk – 300ml Chocolate, Strawberry	\$2.50
Large Flavoured Milk – 500ml Chocolate, Lime, Strawberry	\$3.50
100% Juice – Apple, Orange, Apple Blackcurrant, Tropical	\$2.50
Flavoured Water – Lime, Berry, Mango, Lemon	\$3.00
Mount Franklin Water	\$2.00
Bottled Water Pure	\$2.50
ICE CREAMS AND ICE BLOCKS	
Icy Poles	\$1.00
Paddle Pops	\$1.80
Bulla Ice Cream Cups	\$1.50
Lifesavers	\$1.50

### SAVE TIME ORDER ONLINE

Visit: [www.ouronlinecanteen.com.au](http://www.ouronlinecanteen.com.au)  
Order cut-off time: 8.30am



**Our Online  
CANTEEN**