

SANDWICHES & TOASTIES

All sandwiches are made with one slice of white & one slice of wholemeal bread.

*Toasted sandwiches (extra \$0.20)

**GF bread available (extra \$0.60)

\$3.00 *Ham

*Chicken \$4.00

> *Tuna \$3.50

*Cheese \$2.50 *Vegemite or Jam \$2.50

*ADD Cheese +\$0.50

*ADD Tomato \$0.50

\$3.50 Egg & Lettuce

Salad Sandwich \$3.50

+\$1.00 ADD Ham/Chicken/Cheese **ADD Beetroot**

+\$0.50

Salad Wrap \$4.00

ADD Ham/Chicken/Cheese +\$1.00

Caesar salad wrap \$4.00

ADD Egg/Chicken \$1.50

SALADS

Mini salad \$3.50

Lettuce, tomato, cucumber & carrot served in a container

ADD Ham/Chicken/Cheese +\$1.00

ADD Beetroot +\$0.50

> ADD Tuna +\$1.00

Caesar Salad \$4.00

Lettuce, bacon, parmesan, croutons & caesar dressing served in a container

> ADD Egg/Chicken +\$1.50



HOT FOOD

\$4.50	Macaroni Cheese Homemade, creamy, & delicious
\$4.50	Spaghetti Bolognaise With a homemade beef bolognaise sauce
\$4.50	Butter Chicken On a bed of fresh rice
\$5.00	CLM Burger Fresh roll with chicken patty, lettuce & mayonnaise
\$5.00	Hamburger Fresh roll with homemade patty topped with lettuce, tomato & choice of sauce
\$5.00	Cheese Burger Fresh roll with homemade patty topped with cheese & choice of sauce
\$5.00	Vege Burger Fresh roll with lentil patty topped with lettuce, tomato & mayonnaise
\$4.00 +\$0.50	Meatball Sub With homemade meatballs in a tomato sauce, served on a roll ADD Cheese
\$3.50 +\$1.50	Nachos With natural chips, tomato salsa & cheese ADD Mexican Beef
\$4.00	Beef Traveller Pie 160gm
\$1.50	Party Pie 43gm
\$3.50 +\$0.50	Hot Dog With Hans 97% fat-free sausages ADD cheese/sauce
\$4.00	Pizza Cheese & Bacon OR Ham & Pineapple
\$2.00	Garlic Bread
\$1.50	Yummy Drummy

Golden, sweet & juicy hot corn on the cob

Corn on the Cob

\$1.50



SNACKS

•	
Cheesymite Pillows Vegemite & Cheese wrapped in a puff pastry pillow	\$1.50
Pizza Pinwheels	\$1.50
Pizza sauce, Ham & Cheese in a small puff	·
pastry pillow	
· , , ,	_
Apple Slinky	\$1.50
Carrot Sticks	\$0.50
ADD Cheesy Dip	+\$0.50
, ,	·
3C's (Crackers, Cheese & Carrot)	\$2.00
ADD Cheesy Dip	+\$0.50
Watermelon wedge	\$1.00
watermeion weage	31.00
Fruit Salad Cup	\$2.50
ADD Yoghurt or Custard	+\$0.50
Orange Wedges	\$1.50
Boiled Egg	\$1.50
Popcorn	\$0.50
Custard Cup	\$1.50
Yoghurt Cup	\$1.50
ADD Muesli	-
ADDIVICESII	190.50
Homemade Muffin	\$1.00
Raisin Toast (2 slices)	\$2.50
Anzac Biscuit	\$1.00
Gingerbread Student	\$2.00



FROZEN TREATS

Slushy \$2.00

Frozen Yoghurt \$2.50

Chocolate & Vanilla, Strawberry & Vanilla, Mango & Watermelon, Blueberry & Cookie Dough

Blueberry & Cookie Dough

Flavoured Water Ice Block \$1.00

Chocolate Ice Cream \$1.00

DRINKS

Breaka UHT milk popper 250ml \$2.50 Chocolate, Strawberry or Vanilla Malt

Plain Fresh Milk \$1.50

Juice Popper 100% Golden Circle 250ml \$1.50
Apple & Blackcurrant, Orange or Tropical

Water 600ml \$2.00

ELUTEN FREE

Banana Loaf \$3.00

Choc Chip Loaf \$3.00

Fried Rice \$4.50

Lasagne \$5.00



CONDIMENTS

Tomato or BBQ squeeze on sauce \$0.50

Grated Cheese \$0.50

SUSHI WEDNESDAY

SUMMER MONTHS ONLY. ORDER BY 9PM TUESDAY.

Small \$3.00 Large \$5.00

Soy sauce 10c

All mayo is GF

Salad Sushi Roll w/mayo

Avocado Sushi Roll w/mayo

Teriyaki Chicken and Avocado Sushi Roll (Rice, chicken breast, avocado,teriyaki sauce, sushi vinegar, nori sheet)

> Teriyaki Chicken Sushi Roll w/mayo (Rice, chicken breast,teriyaki sauce, sushi vinegar, nori sheet)

> > Tuna Sushi Roll w/mayo

Tuna and Avocado Sushi Roll w/mayo (Rice, avocado,tuna,water, salt, mayo, sushi vinegar, nori sheet)

enquiries: tuckshop@gumdalesspc.org.au order via:

WWW.FLEXISCHOOLS.COM.AU

**Whilst all due care is taken when preparing gluten free ingredients, the tuckshop is not a gluten free environment.