

GOOD COUNSEL PRIMARY SCHOOL

TUCKSHOP MENU & PRICE LIST 2015 PLEASE NOTE: TUCKSHOP OPERATES ON MONDAY, WEDNESDAY & FRIDAY ONLY (Prices subject to change)

To order your child's LITTLE LUNCH AND/OR BIG LUNCH write the following on a PAPER BAG (if a paper bag is not available, a charge of 10c applies).

1. CHILD'S NAME & GRADE
2. LUNCH ORDER
3. AMOUNT OF MONEY IN BAG



FROZIES OR ICE BLOCKS can be purchased at the counter at the following times:-
PREP TO YR 3 - LITTLE LUNCH ONLY
YEAR 4 TO YEAR 6 - BIG LUNCH ONLY.

Please read the price sheet carefully because lunch orders that are short of money will be given a substitute of sandwiches to the value.

There is also a variety of assorted nibbles that are sold over the counter.

WHEN CHOOSING FOODS USE THE RATINGS
WISELY:-

G - GREEN CATEGORY - EAT PLENTY OF THESE
A - AMBER CATEGORY - SELECT CAREFULLY
R - RED CATEGORY - EAT OCCASIONALLY



LITTLE LUNCH MENU:

(ALSO AVAILABLE EACH TUCKSHOP DAY FOR BOTH LUNCHES)

YOU MUST ORDER "LITTLE LUNCH" FROM THIS GROUP ONLY.

G	TOASTED SANDWICHES (Round)	
G	Fillings available: Ham, Chicken, Tomato, Cheese	4.00 (extra 50c per filling)
G	SANDWICHES (Round)	3.50 (extra 50c per filling)
G	Fillings available: Egg, Cheese, Ham, Tomato, Vegemite, Tuna, Chicken,	
G&A	SALAD SANDWICH (Lettuce, Tomato, Cheese, Carrot, Beetroot)	5.00
A	HAM/CHICKEN SALAD SANDWICH	5.50
A	COFFEE ROLLS (Monday)	2.60
R	MUFFINS (Wednesday) – Chocolate or Poppy Seed	2.60
R	CREAM BUNS (Friday)	2.60
A	SAOS (Cheese/Tomato/Vegemite)	.60
R	SALAMI STICKS	1.00
R	JELLY CUPS	.60
R	CHEESE STICKS	1.00
R	PARTY PIES - (Sibby's Bakery - Steak & Gravy)	1.50
A	PACKET POPCORN	1.00
A	CHEESIES (Sliced French Stick, topped with sauce & grilled cheese)	.60
R	MINI QUICHE LORRAINE	1.00
G	½ WRAP	3.00
G	FULL WRAP	5.50
A	CHICKEN TENDERS	1.50
A	CRUMBED SAUSAGES	1.50
G	FRUIT SALAD	3.00
G	APPLE SLINKY	1.00
	TOMATOE SAUCE	.25



BIG LUNCH MENU:

MONDAY:

G	<u>SANDWICHES AS IN LITTLE LUNCH MENU</u>	
R	CHICKEN NUGGETS	.50
A	HOT DOG IN A ROLL (with sauce)	2.50
R	PARTY PIES (Sibby's Bakery - Steak & Gravy)	1.50
A	COFFEE ROLLS (Buttered on request)	2.60
A	SPAGHETTI –	Lrg 3.50
		Sml 2.50
G	WRAPS (Chicken or ham, lettuce, tomato, carrot, cheese & mayo)	5.50
G	½ WRAP	3.00
A	CHICKEN BURGER (WITH SALAD)	4.00
A	CHICKEN BURGER (MEAT ONLY)	3.50



WEDNESDAY:

G	<u>SANDWICHES AS IN LITTLE LUNCH MENU</u>	
A	LASAGNA	3.50
A	MACCARONI & CHEESE	3.50
A	HAMBURGER (No Salad)	3.50
A	HAMBURGER (Mince Patty & Salad)	4.00
R	CHICKEN NUGGETS	.50
R	MUFFINS (Chocolate or Poppy Seed)	2.60
G	WRAPS (Chicken or ham, lettuce, tomato, carrot, cheese & mayo)	5.50
G	½ WRAP	3.00
R	PARTY PIES (Sibby's Bakery)	1.50



FRIDAY:

G	<u>SANDWICHES AS IN LITTLE LUNCH MENU</u>	
R	PARTY PIES (Sibby's Bakery)	1.50
R	PIES (Perry's Bakery - Meat, Pea, Curry, Apple, Cottage and Bacon)	4.00
R	MINI PASTIES (Perry's Bakery)	2.80
R	SAUSAGE ROLLS	2.80
A	PIZZA FOR ONE (Hawaiian or Bacon)	2.50
R	CREAM BUNS	2.60
R	CHICKEN NUGGETS	.50
G	WRAPS (Chicken or ham, lettuce, tomato, carrot, cheese & mayo)	5.50
G	½ WRAP	3.00
R	Crumbed Chicken Leg	2.50
	Savoury Mince Roll	2.50



DRINKS – AVAILABLE EVERY DAY

A	ORCHY (500ml Pure Orange)	3.50	A	FROZEN YOGHURT (mango/strawb)	2.50
A	ORCHY (Variety)	3.00	A	POPPERS (Variety)	1.50
G	AQUA VITAL WATER	2.50	A	FROZIES	.60
A	PLAIN MILK (300ml ctn)	1.00		ICY-POLES	.50
A	FLAVOURED MILK (300ml)	2.70		NUTELLA	1.00
	Chocolate				
	Strawberry				
	Iced Coffee				