

NSDS TUCKSHOP MENU

Healthier Options

Your Tuckshop follows the Government Guidelines for Healthy Tuckshops

Hot food must be ordered online by 9am using the Munch Monitor website.

www.munchmonitor.com – User name: nsds – password: munch2060

Cut off time for all online orders is 9am

Super Sandwiches

Vegemite	\$2.60
Cheese	\$2.60
Cheese & Vegemite	\$3.10
Cheese & Tomato	\$3.10
Egg	\$3.30
Baked Beans	\$3.40
Tuna	\$3.40
Salad	\$3.90
Salad with Cheese	\$4.40
Salad with Ham	\$4.40
Salad with Chicken	\$4.40
Ham	\$3.40
Ham & Cheese	\$3.90
Ham, Cheese & Tomato	\$4.10
Roast Chicken	\$4.10
Chicken, Lettuce & Mayo	\$4.40

Salads

Garden Salad	\$4.40
Lettuce, tomato, carrot, cucumber with mayonnaise	

Variations...

Chicken Salad	\$4.90
Egg Salad	\$4.90
Cheese Salad	\$4.90
Tuna Salad	\$4.90
Falafel Salad	\$4.90

Extras for sandwich/salad – 50c each

- lettuce • carrot • cucumber • mayo
- tomato • cheese •

Drinks

Plain milk (300ml)	\$1.40
Flavoured milk (250ml)	\$1.80
Chocolate / Strawberry	
Just Juice	\$1.80
Apple & Blackcurrant	
Orange / Paradise Punch	
Water (400ml)	\$1.60

2022

PRICE LIST

Wacky Wraps

Chicken	\$4.90
Chicken, Tomato, Lettuce Mayo	
Ham	\$4.90
Ham, Tomato, Lettuce, Cucumber	
Tuna	\$4.90
Tuna, Tomato, Lettuce, Cucumber	
Cheese	\$4.90
Cheese, Tomato, Lettuce, Cucumber	
Hawaiian	\$4.90
Chicken, Tomato, Lettuce, Pineapple	

Any extra fillings add 50c each

Occasional Items

TUESDAY	<p>Whole Baked Potato - \$4.90</p> <p>Cheese + one topping chicken, ham, tuna, corn, baked beans</p>														
WEDNESDAY	<table> <tr><td>Meat pie</td><td>\$4.40</td></tr> <tr><td>Potato Pie</td><td>\$4.40</td></tr> <tr><td>Mini pie</td><td>\$1.10</td></tr> <tr><td>Sausage roll</td><td>\$4.40</td></tr> <tr><td>Chicken</td><td>\$4.40</td></tr> <tr><td>Strips</td><td></td></tr> <tr><td>Tomato sauce</td><td>30c</td></tr> </table>	Meat pie	\$4.40	Potato Pie	\$4.40	Mini pie	\$1.10	Sausage roll	\$4.40	Chicken	\$4.40	Strips		Tomato sauce	30c
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Chicken	\$4.40														
Strips															
Tomato sauce	30c														
THURSDAY & FRIDAY	<p>Sushi - \$4.40</p> <p>vegetarian - tuna – teriyaki chicken - Cucumber</p>														

Hot Food

Pizza Hawaiian (Thursday)	\$4.40
Pizza Ham (Thursday)	\$4.40
Pizza Margarita (Thursday)	\$4.40
Mac & Cheese	\$4.90
Lasagne (beef)	\$4.90
Lasagne (veg)	\$4.90
Spaghetti Bolognese	\$4.90
Potato Bake	\$4.90
Hot cheese roll	\$3.10
-with tomato	\$3.60
-with ham or chicken	\$3.60
Fried Rice	\$4.90
Spinach & Ricotta roll	\$4.40
Corn on the cob	\$1.00
Soup (winter only)	\$4.00
Chicken burger (Mon/Tues)	\$4.70
Vegie burger (Mon/Tues)	\$4.70

Healthy Snacks

Apple	\$1.00
Banana	\$1.00
Orange	\$1.00
Carrot sticks	70c
Cucumber sticks	70c
Cherry tomatoes	\$1.00
Mixed bag (combo above 3)	\$1.30
Hard boiled egg	\$1.00

Other Snacks

Jelly cup	50c
Popcorn	50c
Sea Salt Chips	\$1.50
Banana bread	\$1.00
Arnotts Biscuits	50c
Cheese Melt (recess only)	50c

Frozen Snacks

Pineapple / Watermelon	40c
Fruit tubes	50c
Paddle pops	\$1.80
Vanilla Ice cream	\$1.00
Frozen Juice Cup	\$1.00
Lemon Freeze	80c