

MANLY WEST STATE SCHOOL TUCKSHOP MENU

2018



226 Manly Road
Manly West
Ph: 07 3906 8337

Volunteers

Needed

Contact:

Bev or Kristine

The School Healthy Eating Policy recommends students only order **ONE AMBER** food per day.

Green=Always

Amber=Sometimes

Black = Gluten Free

HOW TO ORDER

1. Busy or Forgot Kids Lunches, Counter Orders done and only 10c per bag

2. Reheating of food from home incurs a 50c fee.



3. Online Ordering

www.school24.net.au

MWSS REG

ID:25305963

Fruit & Light Snacks (Made Fresh Daily)	
Frozen Grapes or Frozen Orange Wedges	\$ 1.00
Boiled Egg	\$ 1.00
Carrot or Celery sticks	\$ 1.00
Piece of fruit	\$ 1.00
Jatz and Cheese	\$ 1.50
Yoghurt Light Vanilla *100ml	\$ 1.50
Fruit Salad Cup *225ml	\$ 2.00
Fruit Salad & Yoghurt *225ml	\$ 2.50
Large Fruit Salad *500ml	\$ 5.00
Sandwiches on Wholemeal Bread	
IF TOASTING ADD 20c EXTRA	
IF WRAP instead of Bread ADD 50c EXTRA	
Vegemite or Jam or Honey	\$ 2.20
Cheese	\$ 2.50
Egg/Mayo and Lettuce	\$ 3.00
Baked Bean	\$ 3.00
Chicken or Ham	\$ 3.50
Chicken Lettuce and Mayo	\$ 4.00
Tuna	\$ 4.00
EXTRAS:	
Additional Tomato	\$ 0.30
Additional Cheese	\$ 0.50
Additional Salad	\$ 1.00
Additional Salad w/Cheese	\$ 1.50
Salads (Made Fresh Daily)	
Toothbrush Pack Celery, Apple&Cheese	\$ 3.00
Carrot,	
Salad Tub-Small	\$ 3.00
Opt:Chick,Ham or Tuna add \$1.50	\$ 4.50
Salad Tub-Large with Egg	\$ 4.50
Opt:Chick,Ham or Tuna add \$1.50	\$ 6.00
Snacks, Sauces & Ice Blocks : Pre-Packed	
Tomato or BBQ Sauce Satchel	\$ 0.30
Quelch (Half or Full)	50c / \$1
Popcorn	\$ 1.00
Icy Twist or Calippo	\$ 1.50
Golden North	\$ 1.50
Frozen Yoghurt : Choc/Vanilla,	\$ 2.20
Strawberry/Vanilla Or Wtrmln/Mango	
Paddle Pop Choc or Rainbow	\$ 2.20
Please note capacity sizes *ml can change without notice and are only an approximate at time of menu distribution.	

Hot n Fresh Food	
Homemade Pizza: Hawiiian or BBQ Meat	\$ 3.50
Hot Dog (97% fat free)	\$ 3.50
Hot Dog (97% fat free) with cheese	\$ 4.00
Hamburger	\$ 4.00
Cheeseburger	\$ 4.50
Opt:w/salad add \$1	\$5 or \$5.50
Chicken Twister: Wrap w/Chicken Strip, Mayonaise, Lettuce, Tomato & Cheese	\$ 4.20
Little Bird Salad	\$ 4.50
3 nuggets & Small Salad	
Chicken Burger: Flame Grilled Chicken, Lettuce & Mayo	\$ 4.50
Opt:w/salad and cheese add \$1	\$ 5.50
Hot Food	
Chicken Nuggets : Gluten free	\$ 0.80
Party Pie	\$ 1.00
Corn Kernels : Gluten free	\$ 1.20
Sausage Roll Lite	\$ 3.50
Fried Rice : Gluten free	\$ 4.50
Chicken Pasta	\$ 4.50
Lasagne	\$ 4.50
Cakes and Sweet Things	
Pikelet Plain Butter	\$ 1.60
Pikelet with Jam	\$ 1.80
Muffin Banana or Apple&Cinn	\$ 2.00
Muffin Gluten free	\$ 2.20
Drinks	
Bottled Water *600ml	\$ 1.50
Plain Milk *200ml	\$ 1.50
Popper 100% Fruit Juice *250ml	\$ 2.00
Fruit Slushy *225ml	\$ 2.50
BigM Choc or Strawberry*250ml	\$ 2.50
Sushi Rolls	
Monday to Thursday *Whilst Stock Lasts	
* Tuna * Crispy Chicken * Avocado *	
\$3.00 each or 2 for \$5.00	
Meal Deal Specials	
\$\$ Our Meal Deals change at the start of every Term \$\$ Please note: Meal Deal's can be split over 1st & 2nd Breaks \$6.50 per Meal Deal	