

MANLY WEST STATE SCHOOL: TUCKSHOP MENU

 2017 226 Manly Road Manly West Ph: 07 3906 8337 Volunteers Needed Contact: Bev or Tania 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)	Salads (Made Fresh Daily)	Hot n Fresh Food	
	Frozen Grapes or Frozen Orange Wedges \$ 1.00	Toothbrush Pack Carrot, Celery, Apple&Cheese \$ 3.00	Homemade Pizza: Hawaiian or BBQ Meat \$ 3.50	
	Boiled Egg \$ 1.00	Salad Tub-Small \$ 3.00	Hot Dog (97% fat free) \$ 3.50	
	Carrot or Celery stick \$ 1.00	Opt:Chick,Ham orTuna add \$1.50 \$ 4.50	Hot Dog (97% fat free) with cheese \$ 4.00	
	Piece of fruit \$ 1.00	Salad Tub-Large with Egg \$ 4.50	Homemade Pizza: Gluten Free \$ 4.00	
	Fruit Kebab \$ 1.50	Opt:Chick,Ham orTuna add \$1.50 \$ 6.00	Hamburger \$ 4.00	
	Jatz and Cheese \$ 1.50	Snacks, Sauces & Ice Blocks : Pre-Packed		
	Yoghurt Cup:Light Vanilla \$ 1.50	Tomato or BBQ Sauce Satchel \$ 0.30	Opt:w/salad add \$1,w/cheese add 50c \$5/\$5.50	
	Frughurt:Fruit&Vanilla Yoghurt \$ 2.00	Quelch (Half or Full) 50c / \$1	Chicken Twister:Wrap w/Chicken Strip, Tomato, Cheese, Lettuce & Mayo \$ 4.20	
	Small Fruit Salad \$ 3.50	Popcorn \$ 1.00	Cheeseburger \$ 4.50	
Large Fruit Salad \$ 5.00	Icy Twist or Calippo \$ 1.50	Opt: w/salad add \$1.00 \$ 5.00		
Wholemeal Sandwiches & Wraps (Toasting add \$0.20 and Wrap add 0.50)		Golden North \$ 1.50	Little Bird Salad \$ 4.50	
GLUTEN FREE BREAD AVAILABLE ON REQUEST		Frozen Yoghurt : Choc/Vanilla, Strawberry/Vanilla Or Wtrmln/Mango \$ 2.20	3 nuggets & Small Salad \$ 4.50	
Vegemite or Jam or Honey \$ 2.20	Paddle Pop Choc or Rainbow \$ 2.20	Flame Grill Chicken Burger, Let&Mayo \$ 4.50		
Cheese or Egg \$ 2.50	Cakes and Sweet Things		Opt: w/Salad add .50c \$ 5.00	
Vegemite and Cheese \$ 2.70	Pikelet Plain Butter \$ 1.60	Hot Food		
Cheese and Tomato \$ 2.80	Pikelet with Jam \$ 1.80	Chicken Nuggets : Gluten free \$ 0.80		
Egg and Lettuce \$ 2.90	Muffin Banana or Apple&Cinn \$ 2.00	Party Pie \$ 1.00		
Baked Bean \$ 3.00	Muffin Gluten free \$ 2.20	Corn Kernels : Gluten free \$ 1.20		
Chicken or Ham \$ 3.50	Drinks		Sausage Roll Lite \$ 3.50	
Chicken or Ham & Cheese \$ 4.00	Bottled Water or Plain Milk \$ 1.50	Quiche: Ham & Cheese \$ 4.00		
Chicken Lettuce and Mayo \$ 4.00	Popper 100% Fruit Juice \$ 1.80	Fried Rice : Gluten free \$ 4.50		
Ham and Tomato \$ 4.00	Moo Milk 200ml Choc or Strw \$ 2.00	Chicken Pasta \$ 4.50		
Tuna \$ 4.00	Fruit Slushy \$ 2.50	Lasagne \$ 4.50		
Tuna and Salad \$ 4.50	BigM 250ml Choc or Strawberry \$ 2.50	Breakfast		
Cheese and Salad \$ 4.50	Sushi Rolls		2 x Vita-Brits and Milk \$ 1.50	
Chicken and Salad \$ 4.50	Monday to Thursday *Whilst Stock Lasts		Meal Deal Specials	
Ham and Salad \$ 4.50	* Tuna * Crispy Chicken * Avocado *		\$\$ Our Meal Deals change at the start of every Term \$\$	
Egg and Salad \$ 4.50	\$3.00 each or 2 for \$5.00		Please note that Meal Deal's can be split over 1st & 2nd Breaks	
Ham or Chicken w/Cheese and Salad \$ 5.00			\$6.50 per Meal Deal	