



St John XXIII Tuckshop Menu 2020



HOT FOOD

Hot Dog	Bread \$2.70	Roll \$3.00ea
Party Pie		\$1.00ea
Jumbo Sausage Roll		\$3.00ea
Chicken Nugget		80c ea
Dim Sim		\$1.00ea
Chicken Tender		\$1.40ea
Mamee Noodle cups	Chicken or Beef	\$2.50ea
Pizza (Glenroy Bakery)	Margarita or Hawaiian	\$4.00ea
Vegetable Pastie	New	\$4.00ea
Lasagne	Beef or Vegetarian	\$3.50ea
Macaroni and cheese		\$3.50ea
Fried Rice (Vegetable)	New	\$3.50ea
Arancini small	Bolognaise filled (oven baked)	\$1.40ea
Special Menu Home made ↓		
Pasta w/Napoli sauce		\$3.50ea
Nachos with Salsa & Cheese		\$3.50ea
Beef Taco Wrap	Mince, Lettuce, Cheese/salsa	\$4.50ea
Hot Chicken Schnitzel Roll	with coleslaw or salad	\$6.00ea
Chicken Tender Wrap	Lettuce, Cheese and Mayo	\$4.50ea
Hot Roast Chicken Roll with gravy		\$4.50ea

SANDWICHES

ROLLS AND WRAPS EXTRA .60C

Butter/Veg/Jam	\$1.50ea
Ham/Salad	\$4.00ea
Salad	\$3.00ea
Roast Chicken/Salad	\$5.00ea
Egg/Lettuce	\$3.50ea
<u>Toasties</u>	
Cheese	\$2.00ea
Ham/Cheese	\$2.50ea
Ham/Cheese/Tomato	\$3.00ea

Counter sales

Frozen Yoghurt	\$2.00
Piece of Fruit	\$1.00
Peaches in juice cup	\$1.50
Ice Cream Cup	\$1.20
Lucky Dip Icy Pole	\$1.00
Quelch Icy Pole	.80c
Paddle Pop	\$1.40
Calippo icy pole mini	\$1.30
Frozen Pineapple rings	.50c
Frozen Watermelon Slice	.80c
Corntos Bbq or cheese	\$1.00
Muffins	.80c
Jam Biscuit	.40c
Jelly	\$1.00
Noodle Snacks	.50c
Cheerios	.20

Drinks

Bottled water	\$1.00
Plain Milk	\$1.00
Moo Choc/Straw	\$2.00
Just Juice	\$1.70
Apple/Orange/Tropical/ Apple blackcurrant	
Up & Go	\$2.00
Choc or Strawberry	

Kids Meal Deal 1

5 chicken Nuggets
Choice of muffin or popcorn
Water/Plain Milk
\$5.50

Kids Meal Deal 2

Chicken Tender
Wrap
Choice of muffin or popcorn
Water/Plain Milk
\$5.50

green

Best Choice
These foods are the best choice for everyday because they:
• Are often high in nutrients and fibre
• Are low in saturated fat and/or sugar and/or salt
• Help to avoid an excess calorie intake
The majority of your daily food intake should comprise these foods.



amber

Choose Carefully
These foods should be selected carefully because they:
• Are moderate in saturated fat and/or sugar and/or salt
• Contribute to excess calories if consumed in large serving sizes
• Provide limited nutritional value
The foods in this category are mostly processed foods and therefore should be consumed in moderation.



red

Limit
These foods are the least suitable as, generally, they:
• Are very low in nutritional value
• Are high in saturated fat and/or sugar and/or salt
• Provide excess calories
Essentially, the consumption of these foods should be restricted.



Lunch order days are Monday, Wednesday and Friday.

Please write your child's name and classroom clearly on the brown paper bag Or lunch wallet. Brown paper bags are also available for an additional .20c per bag. If you are interested in purchasing a reusable lunch wallet please see the uniform shop for purchase