

**ALLIES TUCKATERIA** "Take care of your body. It's the only place you have to live."

ALLENSTOWN STATE SCHOOL TUCKSHOP

**School Menu, 2017 HOW TO ORDER:**

Hot mains, salads, sandwiches and wraps have to be pre-ordered. Clearly write your name, class & order on a paper bag with payment. Please use separate bags for First Break (10.45am) and Second Break (1pm). Orders are packed into the bags provided. As we are now open for Second Break hot food and ice-creams will be available if they are ordered. ALL orders to be received by 9:15am. We make everything at the Tuckshop!

**Hot Mains** Small: \$3.00  
Large: \$5.00 pre-ordered only available at 10:45 only

**Tuesday:** Beef Nachos

(tortilla chips, salsa, sour cream & slow cooked beef)

**Wednesday:** Crispy Chicken Wrap (Lettuce, cheese, crispy chicken tender, choose garlic or sweet chilli mayo)

**Thursday:** Spaghetti Bolognese (beefy tomato sauce with pasta & parmesan cheese)

**Friday:** Pizza Hawaiian (pineapple, ham & cheese) Pizza  
Three Cheese (3 cheese, tomato, basil)

**Seasonal-Salad** pre-ordered only available at 10.45am & 1pm  
Garden Salad (Lettuce, Tomato, cucumber, Carrot) \$3.50  
Potato Salad (Potato, Bacon, Egg, Chives) \$4.50  
Caesar Salad (Cos, Lettuce, Bacon, Egg, Croutons & Cheese) \$4.50  
**Extras** - Customise your salads, wraps & sandwiches Cheese \$1, Boiled Egg \$1, Chicken \$1, Ham \$1, Tuna \$1 \*\*\*ONLY available when added to a salad, sandwich or wrap\*\*\*  
**Dressings:** Caesar, Mayonnaise or Balsamic Vinegar & Olive Oil.

**Sandwiches** all pre-ordered  
sandwiches made with wholemeal bread & low fat, salt reduce margarine only available at 10.45am & 1pm  
Vegetemite.....\$2.00  
Cheese.....\$2.50  
Cheese & Tomato.....\$2.50  
Salad (Lettuce, Tomato, Beetroot, Carrot).....\$3.00  
Plain Chicken, Tuna or Ham.....\$3.50  
Ham or Chicken, Cheese & Tomato.....\$4.00  
Ham or Chicken & Cheese.....\$4.00  
Tuna, Chicken or Ham & Salad.....\$4.50  
Tuna, Chicken or Ham, Cheese & Salad.....\$5.00  
Toasted, please add 50 cents

**Wraps/Bowls/Kebabs** pre-ordered only available 10:45 and 1pm  
Salad (Lettuce, tomato, cucumber, beetroot, carrot, mayo).....\$3.50  
Salad & Grated Cheese.....\$4.50  
Salad & Chicken.....\$4.50  
Salad & Tuna.....\$4.50  
Salad & Ham.....\$4.50  
\*\*\*We also offer 1/2 wraps per break = 1 wrap\*\*\*  
Add cheese to wraps for \$1 extra

**Drinks**  
Spring Water (600 ml).....\$1.00  
Plain Milk (300 ml).....\$2.00  
Juice (250 ml).....\$2.50  
Chocolate/Strawberry Milk (300 ml).....\$2.50  
Slushy (100% Fruit Juice).....\$2.00  
Slushy available after play bell big lunch only, if ordered, students return to tuckshop with bag.

**Seasonal-Fruit**  
Pineapple Hula Hoop (frozen pineapple).....\$0.50  
Orange Smiley (frozen orange wedge).....\$0.50  
Apple Slinky.....\$1.00  
Orange Wedges.....\$1.00  
Watermelon Pieces.....\$1.00  
Fruit Tub (Fresh seasonal fruit salad 200ml).....\$3.00  
Fruit Tub & Yoghurt.....\$3.50

**Snacks** Bag of Popcorn (Plain, Vegeta Salt).....\$1.00  
Bunny Pack (Carrot Sticks).....\$0.50  
Cracker & Cheese.....\$1.00  
Hard Boiled Egg.....\$1.00  
Sticks in the Mud (celery, carrot with mayo dip).....\$1.00  
Home Baked Sweet Treat.....\$1.50  
Toothbrush Pack (sliced apple, celery, carrot & cheese).....\$1.50  
Yoghurt Tub 160gm.....\$2.50  
Yummy Box (carrot, apple, cheese, ham box).....\$2.50

**Hot-Food** pre-ordered only  
Garlic Bread (homemade, wholemeal bun, fresh garlic & herbs).....\$2.00  
Savoury Scroll (Ham or Chicken with cheese & chives).....\$2.00  
Ham/Chicken Jacket Potato (sour cream, cheese & chives).....\$2.50  
Hot Dog (with sauce, cheese or mustard).....\$3.50  
Hasselback Potato (sour cream, cheese, chives & ham).....\$3.00  
Taco Pocket (Taco filling served in a pizza pocket).....\$3.00  
Chicken, Lettuce & Mayo Burger.....\$3.50  
Chicken/Hamburger & Salad.....\$4.50  
Crumbed Chicken Tenders (max 3).....\$1.50  
ea BBQ, Sweet Chilli or Tomato

Volunteers are always welcome! Pop in anytime  
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