LUNCH MENU

11.00am to 11.45am

Sandwiches (Wholemeal Bread)

Available Everyday

- Vegemite / Jam / Honey ........ $ 1.50
- Lite Cheese .......................... $ 2.00
- Lite Ham ................................ $ 3.00
- Tuna (in Spring water) .......... $ 4.00
- Egg & Lettuce ....................... $ 3.00
- Poached Chicken ................. $ 3.00
- Add Cheese or Tomato .......... $ 0.50
- Salad .................................. $ 4.00
- Ham/Chicken/Roast Beef Salad $ 5.00
- Toasted ............................... Add $ 0.30
- Upgrade to Wrap .................. Add $ 0.70

Salads

- Small Tossed Salad ............... $ 3.00
- Medium Tossed Salad .......... $ 4.00
- Large Tossed Salad .............. $ 5.50
  (Lettuce, Carrot, Cheese, Tomato, Cucumber, Corn, Beans, Egg)
- Add Lite Ham/Poached Chicken OR Roast Beef .................. $ 1.00
- Add Tuna ............................ $ 2.00

Hot Food Available Everyday

- Hotdog with Sauce .................. $ 3.50
- Hotdog with Sauce & Cheese (BBQ or Tomato Sauce Available) $ 4.00
- 3 Chicken Nuggets with sauce .... $ 2.00
- 6 Chicken Nuggets with Sauce (BBQ or Tomato Sauce Available) $ 4.00
- Corn Cob ............................. $ 1.00
- Ham & Cheese Pizza Fingers .... $ 2.00
- Fish Finger Sub (Lettuce & Mayo) $ 3.50
- Fish Finger Sub (Lettuce & Tartar) $ 3.50
- Homemade Mac & Cheese ........ $ 4.00
- Homemade Spaghetti Bolognese $ 4.00
- Burrito ..................................  $ 4.00
  (Taco Mince, Lettuce, Tomato, Cheese, Mild Salsa)
- Chicken Quesadilla ............... $ 4.00
  (Poached Chicken, Mild Salsa or BBQ Sauce, Cheese)
- Add Pineapple ....................... $ 0.50
- Roast Beef Quesadilla ........... $ 4.00
  (Roast Beef, Milk Salsa, Cheese)
- Add Tomato .......................... $ 0.50

Monday, Wednesday & Friday Only

- Mini Lite Pie & Sauce ............ $ 1.20
- Lite Sausage Roll & Sauce ..... $ 3.00
- Lite Traveller Pie & Sauce ...... $ 3.00
  (BBQ or Tomato Sauce Available)
- Extra Tomato or BBQ Sauce .... $ 0.30

Tuesday & Thursday Only

- Homemade Pizza .................. $ 4.00
- Chicken & BBQ Sauce
- Ham & Pineapple
- Bacon & BBQ Sauce
- Garlic Bread ........................ $ 1.00
- Chicken Twister .................... $ 5.00
  (Lettuce, Tomato, Cheese, Sweet Chilli Sauce on a Wrap)
- Beef Twister ......................... $ 5.00
  (Lettuce, Tomato, Cheese, BBQ Sauce on a Wrap)

$ 5.00 Summer Specials

- Spinach & Fetta Filo + Salad
- Zucchini Slice + Salad
- Crunchy Noodle Asian Salad

Lunch Meal Packs

- Healthy Choice Pack
  Everyday $ 6.00
  - Salad Wrap
  - 600mL Water

- Small Salad Pack
  Everyday $ 5.00
  - Small Bowl of Salad
  - 600mL Water
  - Fruit of the Day

- Pasta Pack
  Everyday $ 5.50
  - Spaghetti Bolognaise or Macaroni Cheese
  - Poptop or Small Milk (250mL)

- Fish Sub Pack
  Everyday $ 6.00
  - Fish Finger Sub
  - Popcorn or Fruit
  - Poptop or Small Milk (250mL)

- Chicken Little Pack
  Everyday $ 4.50
  - 3 Chicken Nuggets & Sauce
  - Salad Tub
  - Poptop or Small Milk (250mL) or Water (600mL)

- Big Rooster Pack
  Everyday $ 6.50
  - 6 Chicken Nuggets & Sauce
  - Salad Tub
  - Poptop or Small Milk (250mL) or Water (600mL)

- Surf & Turf Pack
  Everyday $ 5.50
  - 3 Fish Fingers & Sauce
  - Salad Tub
  - Poptop or Small Milk (250mL) or Water (600mL)

- Mini Pack
  Everyday $ 3.50
  - Mini Pie & Sauce
  - Popcorn or Fruit
  - Poptop or Small Milk (250mL) or Water (600mL)

- Tiny Tummies Pack
  Everyday $ 4.50
  - 3 Nuggets & Sauce
  - Popcorn or Fruit
  - Poptop or Small Milk (250mL) or Water (600mL)

- Dippy Chicken Pack
  Everyday $ 6.50
  - 6 Nuggets & Sauce
  - Popcorn or Fruit
  - Poptop or Small Milk (250mL) or Water (600mL)

- Half-a-Hunger Pack
  Everyday $ 4.50
  - ½ Hotdog
  - Popcorn or Fruit
  - Poptop or Small Milk (250mL) or Water (600mL)
  - (Cheese = 50c extra)

- Sausage Roll Pack
  Mon, Wed, Fri Only $ 5.50
  - Lite Sausage Roll & Sauce
  - Popcorn or Fruit
  - Poptop or Small Milk (250mL) or Water (600mL)

- Pie Pack
  Mon, Wed, Fri Only $ 5.50
  - Traveller Pie & Sauce
  - Popcorn or Fruit
  - Poptop or Small Milk (250mL) or Water (600mL)

- Pizza Pack
  Tuesday, Thursday Only $ 6.50
  - Pizza
  - Garlic Bread
  - Poptop or Small Milk (250mL) or Water (600mL)

- Baked Bean Pack
  Everyday $ 4.00
  - Bowl of Baked Beans
  - Crusty Bread Dipper
  - Poptop or Small Milk (250mL) or Water (600mL)

Separate Bags To Be Used For Each Order (LUNCH or AFTERNOON TEA) (Bags Available 10c Each)

Please Ensure Name and Class is On Bag - Volunteers Always Welcome - 3802 1045

EFTpos Available on Tuesday, Thursday and Friday

Sign Up Now To “Munch Monitors” Online Ordering – www.munchmonitor.com

Username: parkridge  Password: munch4125

Mon, Wed, Fri Onl

Available Everyday

Healthy Choice Pack

Sandwiches

Tuckshop Hours 8.30am – 2.30pm

EFTPOS Available on Tuesday, Thursday and Friday

Park Ridge State School

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Park Ridge State School

© Park Ridge State School 2016
Park Ridge State School – SUMMER Smart Choices Menu – 2016
Tuckshop Hours 8.30am – 2.30pm
ALL ORDERS TO BE IN BY 9.00am
EFTpos Available on Tuesday, Thursday and Friday
Find us on Facebook Park Ridge State School Tuckshop
SIGN UP NOW TO “MUNCH MONITORS” ONLINE ORDERING – www.munchmonitor.com
Username: parkridge Password: munch4125

Afternoon Tea Snack Packs

Sandwiches Available Everyday

- Vegemite / Jam / Honey $1.50
- Lite Cheese $2.00
- Lite Ham $3.00
- Tuna (In Spring water) $3.00
- Poached Chicken (Mayo Optional) $3.00
- Egg & Lettuce $3.00
- Add Cheese or Tomato $0.50

Hot Food

- Hotdog with Sauce $3.50
- Hotdog with Sauce & Cheese $4.00
  (BBQ or Tomato Sauce Available)
- 3 Chicken Nuggets with sauce $2.00
- 6 Chicken Nuggets with Sauce $4.00
  (BBQ or Tomato Sauce Available)
- Corn Cob $1.00

Afternoon Tea Snack Packs

Available for BOTH Breaks

Snack Food

- Cookie $0.50
- Muffin $1.00
- Boiled Egg $0.50
- Crackers with Vegemite $1.00
- Crackers with Lite Cheese $1.00
- Popcorn $1.00
- Fruit of the Day $1.00
- Chicken Monster Noodle Snacks $1.00
- Red Rock Chips (Honey Soy, Plain) $1.50
- Grainwaves (Sour Cream) $1.50

Drinks

- 100% Juice Poppers $1.80
  (Apple/Blackcurrant, Apple)
- 100% Juice Bottle 220mL $2.50
  (Apple)
- Milk Brekka 250mL $1.80
  (Chocolate, Strawberry, Vanilla)
- Milk Brekka 300mL $2.20
  (Chocolate, Strawberry, Banana)
- Up & Go Milk $2.50
  (Chocolate, Strawberry)
- Bottled Water 600mL $1.50
- LOL (Carbonated Fruit Juice) $2.00
  (Raspberry, Blackcurrant, Tropical)
- Glee (Carbonated Fruit Juice) $2.00
  (Blackcurrant, Berry, Grape)
- Hot Chocolate $2.00

Frozen Treats

(Not Available for Prep till Term 4)

- Jelly Stick $0.20
- Zing Bar $0.50
- Frozen Milk Cup $1.00
  (When Available, Lunch Only)
- Icy Twist $1.00
- Calipo $1.00
- Ice Mony $1.00
- Frozen Yoghurt $1.50
- Slushie $2.00

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