

# FRESH BITES

## MENU

### Just Like Home



#### ONLINE ORDERS

<https://tuckshop.schoolshoponline.net.au/ironside/index.aspx>

Pre-order online by 8:00am for delivery in 1<sup>st</sup> break each day.

#### MEALS - HOME MADE

Mini Garlic Bread (h)	\$1.50
Plain Rice	\$2.00
Pork Sausage Rolls (two in a serve)	\$3.00
Macaroni and Cheese (h)	\$3.50
Penne with Bolognese Sauce (h)	\$3.50
Penne Napolitana (h)	\$3.50
Add Cheese (cheddar and or parmesan)	\$0.50
Add gluten free	\$1.00
Honey Soy Chicken Wings with Rice (h/gf)	\$4.00
Sweet and Sour Chicken with Rice (h/gf)	\$4.00
Butter Chicken with Rice (h/gf)	\$4.00

#### MEALS - PRE-PACKAGED

Mini Lite Beef Pie (h)	\$1.50
3 or 6 Chicken Nuggets (h/gf)	\$2.20/\$4.40
Beef Lasagne (h)	\$4.50
Vegetarian Lasagne (h)	\$4.50
Large Beef Pie (h)	\$4.50
Add Tomato Sauce	\$0.20

*All nuggets oven baked and served with carrot sticks*

#### QUESADILLAS, WRAPS, SANDWICHES, SALADS AND SNACK PACKS

<u>Cheese Quesadilla</u>	\$2.00
Add chicken, ham, tomato (each)	\$1.50

#### Build a Wrap or Sandwich – Choose your ingredients

Multigrain Sandwich Bread	\$1.00
Multigrain Gluten Free Bread (gf)	\$2.00
Multigrain Wrap	\$1.50
Ham/Cheese (each)	\$1.00
Chicken (h)/Tuna/Egg (each)	\$1.50
Tomato/carrot/cucumber/lettuce/beetroot (each)	\$0.50
Mightymite (gf)/Vegemite (each)	\$0.50
Toasting	\$0.20

#### Build a Salad – Choose your ingredients

Tomato/carrot/cucumber/lettuce/beetroot (each)	\$0.50
Chicken (h)/Tuna/Egg (each)	\$1.50
Ham/Cheese (each)	\$1.00

<u>Snack Pack</u> (h/gf)	\$2.00
Carrot Sticks, Cheese, Crackers, Hummus	

#### OVER THE COUNTER AND ONLINE

#### SNACKS

Jatz Crackers (4)	\$0.30
Messy Monkeys (gf) (Burger/Pizza/Cheese)	\$1.00
Roasted Fav-va Beans (gf)	\$0.70
Cheddar Cheese and Crackers (h/gf)	\$1.00
Popcorn (h/gf),	\$1.00
Home Bake (Biscuits, Muffins, Slices)	\$1.00
Tiny Teddies	\$1.00
Pretzels (h)	\$1.50
Red Rocks Deli Chips (Honey Soy Chicken/Plain)	\$1.50
GrainWaves (Sour Cream & Chives)	\$1.50
Brown Rice Mini Bites (gf)	\$1.50
Iced Bun	\$1.50

#### FRUIT

Fresh seasonal fruit	\$1.00
Slinky Apple	\$1.00

#### DRINKS

Spring Water	\$1.00
Hot Chocolate	\$1.50
Plain Milk	\$1.50
Slushy with 99% Juice (Assorted Flavours)	\$1.50
Popper Juice (Apple/Orange/Tropical/Apple & Blackcurrant)	\$2.00
Breaka Flavoured Milk (Chocolate/Strawberry)	\$2.50
Iced Tea (Lemon/Raspberry/Peach)	\$2.50

#### FROZEN SNACKS – Over the counter only

Frozen Milk Treat (Strawberry/Chocolate)	\$0.30
Frozen Fruit Treat	\$0.30
Frozen Pineapple Ring	\$0.40
Quelch Fruit Tubes (Assorted Flavours)	\$1.00
Paddle Pop (Icy Twist Lemonade)	\$1.50
Paddle Pop (Chocolate or Rainbow)	\$2.00
Twisted Frozen Yoghurt (Strawberry/Chocolate)	\$2.00

#### DAILY SPECIALS (Subject to change – see online for more information)

Monday	Dumplings Pork/Chicken/Veg	\$3.50
Tuesday	See Website for Special!	
Wednesday	Build a Burger (from)	\$3.50
Thursday	Sushi (various hand rolls)	\$3.00
Friday	Bacon and Egg Muffins	\$3.50

Order cancellations must be received before 8:30am on the day of delivery to receive replacement on another day.

Any delivery issues must be reported to the Tuckshop by the child (or with help of an adult at school) at the time of the incident so it can be resolved.