

OURTUCKSHOP MENU FOR PRESHIL JUNIOR SCHOOL - TERM 2, 2014

SANDWICHES

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|---|---------------|
| Select from either wholemeal or white bread | |
| *Baguette, cape seed loaf | extra \$ 1.00 |
| Toasted | extra \$ 1.00 |
| Vegemite | \$ 2.50 |
| Tasty Cheese | \$ 3.00 |
| Vegemite and Cheese | \$ 3.50 |
| Ham | \$ 4.00 |
| Ham with salad | \$ 5.50 |
| Chicken | \$ 4.00 |
| Chicken with salad | \$ 5.50 |
| Tuna | \$ 4.50 |
| Tuna with salad | \$ 5.50 |
| Salad – select from lettuce, tomato, grated carrot, mung sprouts, sultanas, alfalfa, beetroot cucumber, baby spinach leaves, Spanish onion, | \$ 4.50 |

EXTRAS

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| Avocado | \$ 1.00 |
| Cheese, tomato relish, pesto, mint-yogurt dip | \$ 0.50 |
| Dijon or grain mustard, mayonaisse | |

OTHER THINGS

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| Felafel in pita pocket with tabouli, yoghurt, cucumber, tomato and mint | \$ 6.00 |
| Felafel with tomato relish or tzatsiki (3 per serve) | \$ 5.00 |
| Crumbed chicken pieces | Small \$ 4.50 Large \$ 7.50 |
| Tandoori chicken pita pocket with lettuce, cucumber and tomato, or with home-made coleslaw | \$ 6.00 |
| Baked cheese and ham croissant | \$ 5.50 |
| Mediterranean Mezze plate | \$ 8.50 |
| Vegetable sticks with hummous or tsatziki | \$ 4.50 |

SUSHI – Hand rolls served with soy sauce or gluten free soy sauce

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| Tuna and avocado | \$ 2.90 |
| Chicken Teriyaki | \$ 2.90 |
| Cucumber | \$ 2.90 |

RICE PAPER ROLLS served with soy sauce or gluten free soy sauce

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|---|---------|
| Honey soy chicken and young coconut, lettuce, herbs | \$ 3.50 |
| Organic tofu, avocado, caramelised onion, herbs | \$ 3.50 |
| Vegan- julienned vegetables, ginger and vietnamese mint | \$ 3.50 |
| Sweet Chilli or Sesame sauce | \$ 0.50 |

SALADS

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| Oriental chicken salad | \$ 6.50 |
| Tuna Pasta salad | \$ 6.50 |
| Wild chinese rice salad - vegan | \$ 6.50 |

Muffins- sweet

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| Fresh pear and cinnamon muffin | \$ 3.50 |
| Banana maple muffin | \$ 3.50 |
| Raspberry, apple and oat bran muffin | \$ 3.50 |
| Pineapple and Passionfruit | \$ 3.50 |

Muffins- savoury

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| Sweet corn, cheese and parsley | \$ 3.50 |
| Pumpkin and rosemary muffin | \$ 3.50 |
| Tomato and basil muffin | \$ 3.50 |

TREATS

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| Power Balls | \$ 2.50 |
| Cookies – cornflake, choc-chip, ginger, Anzac | \$ 2.50 |
| Cupcakes- vanilla or chocolate | \$ 3.00 |
| Fruit salad cups | \$ 4.50 |
| Slices- muesli, lemon, chocolate brownie | \$ 2.50 |
| Popcorn | \$ 2.00 |
| Veggie Chips | \$ 2.00 |

five:am Organic Yoghurt

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| vanilla bean or mixed berry | 70g squeezies | \$ 2.50 |
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Splitrock Water

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| | \$ 1.50 |
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Emma & Tom's Juices

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| | \$ 3.50 |
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Green Power, Karmarama, Radical Action, Carrot

Cloudy Apple, Straight OJ, Extreme C, Coconut water

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| Super Nudie –blended apple, banana, chia, cinnamon | \$ 3.50 |
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| Nudie Crushie -blended cranberry, raspberry | \$ 3.50 |
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Smooze - (frozen fruit and coconut milk) 4 flavours

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| Pineapple, guava, mango or coconut | \$ 1.80 |
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Order your child's Birthday Cake and have it delivered to the classroom. See our website for details:

For further enquiries email us at:

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