



TUGGERAH PUBLIC SCHOOL MENU



Breakfast (available all day)

Toast with spread/ Raisin Toast	\$1.00
Bowl of Cereal	\$1.00
Hot Milo	\$2.00
Pikelet with jam/ butter	50c
Boiled Egg	\$1.00
Homemade Banana Bread	\$1.50
Homemade Breakfast Muffin	\$1.50
Cheese & Bacon Rolls	\$2.50
Custard or Yoghurt Cup	\$1.50



Hot Food



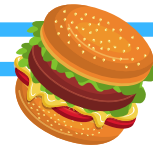
Garlic Bread	50c
Pizza Muffins 1/2 (BBQ chicken+cheese/ham +cheese)	\$1.00
Chicken Breast Nuggets	70c
Chicken Tender	\$2.00
Corn Cob	50c
Mini Frittata GF, V	\$2.00
Wedges	\$2.00
Hotdog with tomato/BBQ sauce/mustard	\$3.00
Hotdog with cheese & sauce	\$3.50
Lean Sausage Roll (\$3.00) / Lean Meat Pie (\$4.00)	
Tomato Sauce/ BBQ Sauce	50c
Baked Potato with your choice of toppings, cheese, ham, avocado, corn, pineapple, beans, tomato, sweet chilli sauce, greek yoghurt	\$5.00

Fresh Foods



Fruit Kebab	\$1.00
Carrot/ Celery Bag	50c
with hummus/guacamole dip	\$1.50
Fresh Fruit in season	50c/\$1.00
Fruit Salad Cup	\$1.50
with yoghurt/custard	\$1.50
Fruit Salad Bowl	\$3.00
Salad Box lettuce, carrot, tomato, cucumber, beetroot, cheese	\$6.00
add ham/chicken/ tuna	\$7.00
Healthy Caesar Salad Box	\$6.00
add chicken	\$7.00
Mini Frittata and Salad Box	\$7.00

Burgers



Beef Burger	\$4.00
Beef pattie with tomato sauce/BBQ sauce	
with cheese	\$4.50
Chicken Burger chargrilled chicken with lettuce & mayo	\$6.00
Hawaiian Chicken Burger chargrilled chicken with, mayo, cheese, pineapple & lettuce	\$8.00
Aussie Burger beef pattie with cheese, tomato, beetroot & lettuce and BBQ sauce	\$7.00

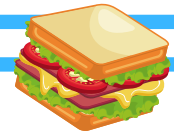
World Foods

Pita Bread Pizzas on wholemeal pita bread passata sauce with your choice of toppings - cheese, ham mushrooms, capsicum, onion, tomato, pineapple, baby spinach leaves, BBQ sauce, chicken	\$5.00
Burrito with taco mince with your choice of toppings lettuce, cheese, tomato, beans, salsa & greek yoghurt avocado (extra \$1.00)	\$5.00
Sushi Rolls (Tues & Thurs ONLY) Choose from avocado, corn, cucumber, tuna, chicken, salmon	\$3.50/roll



Sandwiches/Rolls

Wholemeal



Buttered Sandwich/ Roll	\$1.50
Vegemite	\$2.00
Egg (plain or curried)	\$3.00
Baked Beans	\$3.00
Ham, Chicken, Tuna, Cheese	\$3.50
Salad (lettuce cucumber carrot tomato beetroot)	\$5.00
Chicken/Ham/Tuna & Salad	\$6.00
EXTRAS: lettuce, carrot, beetroot, cucumber, onion, tomato	50c
pineapple, cheese, avocado	
mayonnaise complimentary	\$1.00

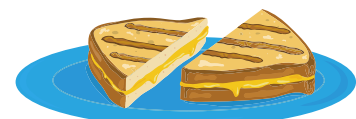
Wraps



Chicken Wrap with chicken tender, lettuce & mayo	\$5.00
BBQ Chicken Wrap with chicken tender, lettuce, tomato, cheese & BBQ sauce	\$5.00
Mexican Wrap with chicken tender, lettuce, cheese & salsa	\$5.00
Chicken Caesar Wrap with chicken tender, cheese, lettuce & Caesar dressing	\$5.00
Sweet Chilli Chicken Wrap with chicken tender, lettuce, grated cheese, sweet chilli sauce	\$5.00
Avocado extra \$1.00 or extra salad 50c	

Toasted Sandwiches

Cheese.	\$2.50
Cheese & Tomato or Ham & Cheese	\$4.00
Baked Beans & Cheese	\$4.00
Ham, Cheese & Tomato	\$4.50





TUGGERAH PUBLIC SCHOOL MENU



Drinks



Cup of Milk	\$1.00
Flavoured Milk	\$3.00
<i>chocolate/strawberry</i>	Small \$1.50
Bottle of Water	Large \$2.00
Bottle of Water	\$2.50
Juice <i>apple/orange/apple & blackcurrant/orange & Pass</i>	\$2.50
Up & Go's <i>chocolate/vanilla strawberry /banana</i>	\$4.00
Milkshakes <i>chocolate/vanilla/strawberry/banana/caramel</i>	

Frozen Items

Frozen orange wedges	10c
Mini fruit cups	20c
Quelch sticks	50c
Ice Mony	\$1.00
Healthy TNT (various flavours)	\$1.00
Frozen Juice Cups - <i>orange, apple/blackcurrant</i>	\$1.00
Juicies - <i>tropical/wild berry</i>	\$2.00
Moosies - <i>chocolate/blue</i>	\$2.00
Twisted Frozen Yoghurt Cup <i>watermelon & mango/straw & vanilla/choc & vanilla</i>	\$2.50
Paddlepops chocolate/rainbow	\$2.00
Slushies (Term 1 & 4)	\$2.00



All Day Snacks

Popcorn (Air popped)	\$1.50
Red Rock Chips	\$2.00

(*Chips only at recess & lunch)



Daily Fresh Hot Meals

all home made (200g)

\$6.00 per meal

- Spaghetti Bolognese/ Lasagne
- Macaroni Cheese
- Ravioli with Neapolitan sauce
- Butter Chicken & Rice (GF)
- Fried Rice (vegetarian)



NOTE!!

TPS Canteen has Online Ordering through **FLEXISCHOOLS** (www.flexischools.com.au) is very quick, easy and convenient. Just simply go to their website & register your child/ren. Orders can be placed in advance up until **9.40am** of the morning of the required day.

The Canteen is open **Monday to Friday from 8:30am - 2.30pm**. Please note that **Lunch and Recess orders must** be into the canteen by **9.40am**.



FOR OVER THE COUNTER ORDERING:

Please write your child's full name, class & menu choice on a paper bag. Please use separate bags if ordering both recess and lunch. Lunch bags can be provided for 20c each. Cutlery (without a food purchase) is 20c.

Children will need to bring their bags with anything highlighted back to the canteen to collect eg: ice blocks & milkshakes, hot Milo etc.

Our Canteen uses low fat dairy products & sauces. Wholemeal bread products are used unless specifically requested. If there are any special dietary requirements please see Mel or Melody.

Remember to check the School Newsletter, Website & App for special themed Recess & Lunch Days and promotions.

Thank you to all our volunteers who come and serve our students daily. If you would like to volunteer please feel free to see Mel or Melody.