



# TUGGERAH PUBLIC SCHOOL MENU



## Breakfast (available all day)

<b>Toast with spread/ Raisin Toast</b>	50c
<b>Bowl of Cereal</b>	\$1.00
<b>Hot Milo</b>	\$2.00
<b>Pikelet with jam/ butter</b>	30c
<b>Boiled Egg</b>	50c
<b>Homemade Banana Bread</b>	\$1.00
<b>Homemade Breakfast Muffin</b>	\$1.00
<b>Cheese &amp; Bacon Rolls</b>	\$2.50
<b>Cheese &amp; Vegemite Scroll</b>	\$2.50
<b>Custard or Yoghurt Cup</b>	\$1.00



## Hot Food

<b>Garlic Bread</b>	30c
<b>Pizza Muffins 1/2</b> (BBQ chicken+cheese/ham +cheese)	80c
<b>Chicken Breast Nuggets</b>	50c
<b>Chicken Tender</b>	\$1.50
<b>Corn Cob</b>	50c
<b>Mini Frittata GF, V</b>	\$1.00
<b>Wedges</b>	\$2.00
<b>Hotdog with tomato/BBQ sauce/mustard</b>	\$3.00
<b>Hotdog with cheese &amp; sauce</b>	\$3.50
<b>Lean Sausage Roll (\$3.00) / Lean Meat Pie (\$4.00)</b>	
<b>Tomato Sauce/ BBQ Sauce</b>	50c
<b>Baked Potato</b> with your choice of toppings, <i>cheese, ham, avocado, corn, pineapple, beans, tomato, sweet chilli sauce, greek yoghurt</i>	\$5.00

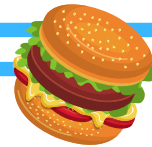


## Fresh Foods



<b>Fruit Kebab</b>	50C
<b>Carrot/ Celery Bag</b>	50C
<i>with hummus/guacamole dip</i>	\$1.00
<b>Fresh Fruit in season</b>	50C/\$1.00
<b>Fruit Salad Cup</b>	\$1.00
<i>with yoghurt/custard</i>	\$1.50
<b>Fruit Salad Bowl</b>	\$3.00
<b>Salad Box</b> <i>lettuce, carrot, tomato, cucumber, beetroot, cheese</i>	\$5.00
<b>add ham/chicken/ tuna</b>	\$6.00
<b>Healthy Caesar Salad Box</b>	\$5.00
<b>add chicken</b>	\$6.00
<b>Mini Frittata and Salad Box</b>	\$6.00

## Burgers



<b>Beef Burger</b>	\$3.50
<i>Beef pattie with tomato sauce/BBQ sauce</i>	
<b>with cheese</b>	\$4.00
<b>Chicken Burger</b> <i>chargrilled chicken with lettuce &amp; mayo</i>	\$5.00
<b>Hawaiian Chicken Burger</b> <i>chargrilled chicken with, mayo, cheese, pineapple &amp; lettuce</i>	\$6.00
<b>Aussie Burger</b> <i>beef pattie with cheese, tomato, beetroot &amp; lettuce and BBQ sauce</i>	\$5.00

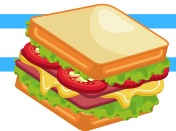
## World Foods

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



## Sandwiches/Rolls

Wholemeal



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

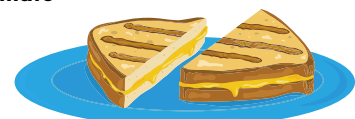
## Wraps



<b>Chicken Wrap</b> <i>with chicken tender, lettuce &amp; mayo</i>	\$4.00
<b>BBQ Chicken Wrap</b> <i>with chicken tender, lettuce, tomato, cheese &amp; BBQ sauce</i>	\$5.00
<b>Mexican Wrap</b> <i>with chicken tender, lettuce, cheese &amp; salsa</i>	\$5.00
<b>Chicken Caesar Wrap</b> <i>with chicken tender, cheese, lettuce &amp; Caesar dressing</i>	\$5.00
<b>Sweet Chilli Chicken Wrap</b> <i>with chicken tender, lettuce, grated cheese, sweet chilli sauce</i>	\$5.00

## Toasted Sandwiches

<b>Cheese.</b>	\$2.50
<b>Cheese &amp; Tomato or Ham &amp; Cheese</b>	\$4.00
<b>Baked Beans &amp; Cheese</b>	\$4.00
<b>Ham, Cheese &amp; Tomato</b>	\$4.50





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## Drinks



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

## Frozen Items

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



## All Day Snacks

<b>Popcorn</b> (Air popped)	\$1.00
<b>Red Rock Chips</b> ( Sea Salt)	\$2.00
(*Chips only at recess & lunch)	



## Daily Fresh Hot Meals

*all home made (200g)*

\$5.00 per meal

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



# NOTE!!

TPS Canteen has Online Ordering through **FLEXISCHOOLS** ( [www.flexischools.com.au](http://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 **10.00am** of the morning of the required day.

The Canteen is open **Monday to Friday from 8:30am - 2.00pm**. Please note that **Lunch and Recess orders must** be into the canteen by **10.00am**.



### 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 & drinks.

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.