



TUGGERAH PUBLIC SCHOOL MENU

2019



Breakfast (available all day)

Toast with spread/ Raisin Toast	50c
Bowl of Cereal	\$1.00
Hot Milo	\$1.50
Pikelet with jam/ butter	20c
Boiled Egg	50c
Homemade Banana Bread	\$1.00
Homemade Breakfast Muffin	\$1.00
Cheese & Ham Rolls	\$2.00
Cheese & Vegemite Scroll	\$2.00
Custard or Yoghurt Cup	\$1.00



Hot Food



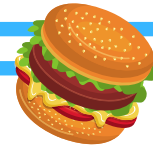
Garlic Bread	30c
Pizza Muffins 1/2 (BBQ chicken+cheese/ham +cheese)	70c
Chicken Breast Nuggets	50c
Chicken Tender	\$1.50
Corn Cob	50c
Mini Frittata GF, V	\$1.00
Wedges	\$1.50
Hotdog with tomato/BBQ sauce/mustard	\$2.50
Hotdog with cheese & sauce	\$3.00
Lean Sausage Roll / Lean Meat Pie	\$3.00
Tomato Sauce/ BBQ Sauce	50c
Baked Potato with your choice of toppings, cheese, ham, avocado, corn, pineapple, beans, tomato, sweet chilli sauce	\$4.00

Fresh Foods



Fruit Kebab	50C
Carrot/ Celery Bag	50C
with hummus/guacamole dip	\$1.00
Fresh Fruit in season	50C/\$1.00
Fruit Salad Cup	\$1.00
with yoghurt/custard	\$1.50
Fruit Salad Bowl	\$3.00
Salad Box lettuce, carrot, tomato, cucumber, beetroot, cheese	\$4.00
add ham/chicken/ tuna	\$5.00
Healthy Caesar Salad Box	\$5.00
add chicken	\$6.00
Mini Frittata and Salad Box	\$5.00

Burgers



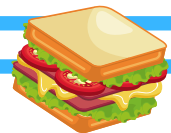
Beef Burger	\$3.00
Beef pattie with tomato sauce/BBQ sauce	
with cheese	\$3.50
Chicken Burger chargrilled chicken with lettuce & mayo	\$4.00
Hawaiian Chicken Burger chargrilled chicken with, mayo, cheese, pineapple & lettuce	\$5.00
Aussie Burger beef pattie with cheese, tomato, beetroot & lettuce and BBQ sauce	\$5.00

World Foods



Spaghetti Bolognese/ Lasagne/Macaroni Cheese	\$4.00
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	\$4.00
Burrito with taco mince, lettuce, cheese, tomato, beans & salsa	\$4.00
Butter Chicken & Rice	\$4.00
Rice Paper Rolls (Mondays) chicken vermicelli noodles, carrot, cucumber, lettuce, coriander, sweet chilli sauce (optional)	\$2.00/roll
Sushi Rolls (Tues, Thurs & Fri) Choose from avocado, corn, cucumber, tuna, chicken, salmon	\$3.00/roll

Sandwiches/Rolls



Wholemeal

Buttered Sandwich/ Roll	\$1.50
Vegemite	\$2.00
Egg (plain or curried)	\$2.50
Baked Beans	\$2.00
Ham, Chicken, Tuna, Cheese	\$3.00
Salad (lettuce cucumber carrot tomato beetroot)	\$4.00
Chicken/Ham/Tuna & Salad	\$5.00
EXTRAS: lettuce, carrot, beetroot, cucumber, onion, tomato	50c
pineapple,, cheese, avocado mayonnaise complimentary	\$1.00

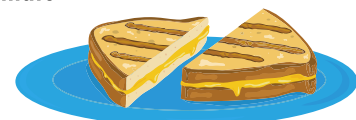
Wraps



Chicken Wrap with chicken tender, lettuce & mayo	\$3.50
BBQ Chicken Wrap with chicken tender, lettuce, tomato, cheese & BBQ sauce	\$4.00
Mexican Wrap with chicken tender, lettuce, cheese & salsa	\$4.00
Healthy Chicken Caesar Wrap with chicken tender, ham, cheese, lettuce & Caesar dressing	\$4.00
Sweet Chilli Chicken Wrap with chicken tender, lettuce, grated cheese, sweet chilli sauce	\$4.00

Toasted Sandwiches

Cheese.	\$2.50
Cheese & Tomato or Ham & Cheese	\$3.50
Baked Beans & Cheese	\$3.00
Ham, Cheese & Tomato	\$4.00





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Drinks



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

Frozen Treats

Frozen orange wedges	10c
1/2 pineapple ring	20c
Mini milk/fruit cups	20c
Quelch sticks	50c
Ice Mony	80c
Frozen Juice Cups - <i>orange, apple/blackcurrant</i>	\$1.00
Vanilla ice cream cups <i>(low fat)</i>	\$1.50
Juicies - <i>tropical/wild berry</i>	\$1.50
Moosies - <i>chocolate/blue</i>	\$1.50
Twisted Frozen Yoghurt Cup <i>watermelon & mango/straw & vanilla/choc & vanilla</i>	\$2.00



All Day Snacks



Snack Pack <i>Rice Crackers with cheese/carrot sticks</i>	\$1.50
Messy Monkeys <i>(whole grain bites cheese flavour)</i>	\$1.50
Popcorn <i>(Air popped)</i>	\$1.00
Red Rock Chips <i>(Chicken or Sea Salt)</i>	\$1.50
(*Chips only at recess & lunch)	

Daily Fresh Hot Meals



all home made

\$4.00 per meal

Tuna Bake

Ravioli with Neapolitan sauce

Shepherds Pie

Fried Rice

Pasta Carbonara

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 **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.