**OPENING HOURS**
Monday - Thursday: 8:30am - 2:30pm  
Friday: 8:15am - 2:30pm

**Contact:** Nicole Meesen - Tuckshop Convenor  
Email: gilstontuckshop@gmail.com

**GILSTON GOURMET**

**DESIGN**
your own fresh

- **SANDWICH OR WRAP**
  - Full $5.00  
  - Half serve $2.50
  - **CHOOSE ONE FILLING**
    - Leg Ham  
    - Chicken Breast  
    - Tuna  
    - Egg
  - **CHOOSE YOUR SALAD**
    - Lettuce, tomato, cucumber, red onion, low fat cheese, grated carrot, beetroot.
  - **CHOOSE YOUR BREAD**
    - Wholemeal or Tortilla Wrap  
    - Gluten free bread available
  - **CHOOSE YOUR DRESSING**
    - Mayo, Sweet Chilli or Caesar

Vegemite, Strawberry Jam and Honey Sandwiches $1.50

**TOASTIES**
on wholemeal bread

<table>
<thead>
<tr>
<th>Menu</th>
<th>Price</th>
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<tbody>
<tr>
<td>Cheese</td>
<td>$2.50</td>
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<tr>
<td>Ham, Cheese &amp; Tomato</td>
<td>$3.50</td>
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<tr>
<td>Gluten free bread available</td>
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**SALAD BOWLS**
Large + Fresh $5.00

- Mixed lettuce, tomato, cucumber, capsicum, carrot, red onion (optional), cheese & beetroot.
  - ADD a boiled egg $5.50  
  - ADD ham, chicken, or tuna $6.00
  - Caesar Salad $6.00

**HOT FOOD**

- **Break 1 or 2**
  - Homemade Ham & Cheese Pizza Muffin $2.50
  - Made with low fat cheese and ham leg
  - Homemade Ham & Pineapple Pizza Muffin $2.50
  - Made with low fat cheese and leg ham
  - Homemade Mini Quiches $1.00
  - Made low fat cheese, bacon bits and eggs
  - Homemade Garlic bread slice $1.00
  - Homemade Spaghetti Bolognese $4.50
  - Homemade Chicken Teriyaki & Rice $4.50
  - Cheese Burger (low fat) $3.50
  - Chicken Snack Wrap (lettuce & mayo) $2.50
  - Chicken Burger (lettuce & mayo) $4.00
  - Chicken Burger (Plain) $3.50
  - Chicken Popcorn (5 per pack) $3.00
  - Hash Brown $1.00
  - Large Pie (from our local bakery) $3.50
  - Low fat Party Pie $1.00
  - Corn on the Cob $1.00
  - Small Sausage Roll (from our local bakery) $2.00
  - Extra: Tomato Sauce & BBQ Sauce $0.25

**DRINKS**

- Up & Go Chocolate, Strawberry, Banana & Vanilla $2.00
- Bottle water $2.00
- Flavoured milk Chocolate & Strawberry $2.00
- Quench Spring fruits $2.00
- Nudie poppers Orange, Apple & Tropical $2.00
- Cup of plain milk $1.50

**SNACKS**

- Freshly popped popcorn 50c
- Cup of custard $1.00
- Pretzels $1.00
- Apple Slinky $1.00
- Cup of Fresh Seasonal fruits $2.50
- Jumpies $1.00
- Chicken, BBQ, & Hotdog $1.00
- Homemade low fat baked treat 60c
- Hard boiled egg 50c
- Frozen fruit segments 5c
- Frozen Yoghurt (Strawberry or Mango) $2.00
- Paddle Pop’s /Lemonade Icy Twist $1.50

**COMBO**
Choose which drink...

| COMBO 1 | L&M Chicken Burger and drink | $5.00 |
| COMBO 2 | Chicken Popcorn, hash brown and drink | $5.00 |
| COMBO 3 | Homemade Spaghetti Bolognese and drink | $6.00 |
| COMBO 4 | Chicken Snack wrap, piece of fruit & drink | $5.00 |
| COMBO 5 | Homemade Ham & Pineapple Pizza Muffin, Homemade garlic bread slice and drink | $6.00 |

**HOW TO ORDER**

- **ONLINE:** Why not try our online ordering service? It’s so fast, efficient, convenient, and all done from home or even on your phone. Register on www.flexischools.com.au and follow the instructions. Help desk 1300 361 769. Or....
- **PAPER BAG:** Clearly write your name, class & order on a paper bag with payment, and put it in the box at the tuckshop before 9am. Please use separate bags for first break (11am) and second break (1.40pm). A charge of 20 cents per bag will be made if not supplied.

**GG’s BENTO BOX**

- **NEW!** 1/2 wrap or sandwich of your choice, homemade low fat mini muffin, handful of seasonal fruit & veg, and a nudie juice (apple or orange) $5.00

**GG’s SNACK BOX**

- **NEW!** Fresh carrot & cucumber sticks, cheese cubes & rice crackers $2.00
  - Add a boiled egg $2.50

**IT’S ACE TO VOLUNTEER**

Did you know our tuckshop relies on the generosity of its volunteers? This is how we keep our prices so reasonable. New volunteers are always welcome! Even if it’s an hour a fortnight! Pop in or send an email to Nicole: gilstontuckshop@gmail.com