

## OPENING HOURS

Monday - Thursday: 8:30am - 2:30pm Friday: 8:15am - 2:30pm

Contact: Nicole Meesen - Tuckshop Convenor

Email: gilstontuckshop@gmail.com

# GILSTON GOURMET

## 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

## 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*

Cheese \$2.50 Ham & Cheese \$3.00  
Ham, Cheese & Tomato \$3.50 Chicken & Cheese \$4.00

*Gluten free bread available*

## 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 <i>Made with low fat cheese and leg ham</i>	\$2.50
Homemade Ham & Pineapple Pizza Muffin <i>Made with low fat cheese and leg ham</i>	\$2.50
Homemade Mini Quiches <i>Made low fat cheese, bacon bits and eggs</i>	\$1.00
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 <i>Chocolate, Strawberry, Banana &amp; Vanilla</i>	\$2.00
Bottle water	\$2.00
Flavoured milk <i>Chocolate &amp; Strawberry</i>	\$2.00
Quench Spring fruits	\$2.00
Nudie poppers <i>Orange, Apple &amp; Tropical</i>	\$2.00
Cup of plain milk	\$1.50

## SNACKS

*Available over the counter  
and pre-order*

Freshly popped popcorn	50c
Cup of custard	\$1.00
Pretzels	\$1.00
Apple Slinky	\$1.00
Cup of Fresh Seasonal fruits	\$2.50
Jumpies	
<i>Chicken, BBQ, &amp; Hotdog</i>	\$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
Callippos	\$1.00

## COMBOS

*Choose which drink...*

<b>COMBO 1</b> L&M Chicken Burger and drink	\$5.00
<b>COMBO 2</b> Chicken Popcorn, hash brown and drink	\$5.00
<b>COMBO 3</b> Homemade Spaghetti Bolognese and drink	\$6.00
<b>COMBO 4</b> Chicken Snack wrap, piece of fruit & drink	\$5.00
<b>COMBO 5</b> 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](http://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