

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

GILSTON GOURMET

2019 TUCKSHOP MENU

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

DESIGN your own Sandwich or Wrap

Full \$6.00 Half serve \$3.50

1. CHOOSE A FILLING

- Leg ham • Chicken breast
- Tuna • Egg
- Crumbed chicken fillet (**Add \$2**)

2. CHOOSE SALAD

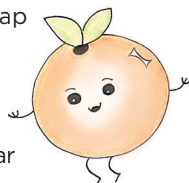
- Lettuce • Tomato • Cucumber
- Red onion • Low fat cheese
- Beetroot • Grated carrot

3. CHOOSE BREAD

- Wholemeal • Tortilla wrap
- Gluten free bread available

4. CHOOSE DRESSING

- Mayo • Sweet chilli • Aioli
- Balsamic vinegar • Caesar



SANDWICHES TO GO!

TOASTED 50c EXTRA

Ham, Vegemite, Strawberry Jam or Honey \$2.00

Cheese \$2.50

Ham & Cheese \$3.00

GLUTEN FREE \$1.50 EXTRA

Ham, Cheese & Tomato \$3.50

Chicken & Cheese \$4.00

Chicken Schnitzel & Cheese \$5.00

SALAD BOWLS

Garden: Mixed lettuce, tomato, cucumber, capsicum, carrot, red onion (optional), cheese & beetroot.

Small \$3.50 Large \$5.00

ADD A BOILED EGG \$1

Caesar: Cos lettuce, parmesan cheese, bacon bits, egg, croutons, caesar dressing

Small \$4.00 Large \$6.00

ADD HAM, CHICKEN, OR TUNA \$1.00

HOW TO ORDER

ONLINE: Why not try our online ordering service? It's fast, efficient, convenient, and all done from home or even on your phone. Register on www.munchmonitor.com and use these details: ID: gilstonss Password: munch4211

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.

BREAK 1 OR 2

HOT FOOD

Homemade ham & cheese pizza muffin **\$3.50**

Made with low fat cheese & leg ham

Homemade ham & cheese croissant **\$4.00**

Homemade mini quiches **\$1.50**

Made with low fat cheese, bacon bits & eggs

Homemade garlic bread slice **\$1.00**

Homemade chicken teriyaki & rice **\$4.50**

Homemade hamburger/Chicken burger with salad **\$5.50**

Homemade vege burger with salad **\$5.00**

Chicken burger (plain) **\$4.00**

Cheese burger (low fat) **\$4.50**

Chicken snack wrap (lettuce & mayo) **\$3.00**

Small sausage roll **\$3.00**

Hot Dog with sauce **\$3.50**

Popcorn chicken (5) **\$4.00**

Gluten free nuggets (5) **\$4.50**

Hash brown **\$1.00**

Homemade beef lasagne **\$4.50**

Large beef pie **\$4.00**

Low fat party pie **\$1.20**

Corn on the cob **\$1.00**

Extra: Tomato sauce & BBQ sauce **40c**

GG'S

SUMMER GRAZER \$6.00

1/2 wrap or sandwich of your choice, tub of yoghurt, homemade cookie, a piece of fruit (apple or orange) and a nudie juice (apple or orange)

GG'S

MUNCH & CRUNCH \$2.00

Fresh carrot & cucumber sticks, cheese cubes & rice crackers
Add a boiled egg
Extra \$1

GG'S

MUNCH ON THE RUN \$2.50

Custard cup and a piece of fruit



SNACKS

Available over the counter and pre-order

Homemade cheese & vegemite scrolls	60c
Freshly popped popcorn	60c
Cup of custard (low fat)	\$1.50
Apple slinky/Assorted fruit	\$1.00
Cheese & crackers (6pk)	\$1.50
Cup of fresh seasonal fruits	\$2.50
Homemade cookie	80c
Homemade bliss balls	50c
Cheese stick	\$1.00
Honey soy chips	\$1.50
Chicken Jumpies	\$1.00
Vege chips	\$1.50
Low fat vanilla ice cream cup	\$2.50
Low fat homemade fruit muffins <i>Apple & Cinnamon/Blueberry</i>	\$1.20
Hard boiled egg	\$1.00
Frozen fruit segments	20c
Frozen yoghurt <i>Strawberry/Mango</i>	\$2.50
Paddle Pop's/ Lemonade Icy Twist	\$1.50
Callippos	\$1.50
Freezie	80c
Ice Fruit Bombs	50c



COMBOS ALL \$6.00 Choose your included drink...

- COMBO 1** L&M Chicken Burger + *drink*
- COMBO 2** Chicken Popcorn, hash brown + *drink*
- COMBO 3** Homemade Spaghetti Bolognese, garlic bread + *drink*
- COMBO 4** Chicken Snack wrap, piece of fruit + *drink*
- COMBO 5** Homemade Ham & Pineapple Pizza Muffin, piece of fruit + *drink*

DRINKS ALL drinks \$2

Up and Go	<i>Chocolate/Strawberry/Banana/Vanilla</i>
Flavoured milk	<i>Chocolate/Strawberry</i>
Nudie poppers	<i>Orange/Apple/Tropical</i>
Glee	<i>Carbonated fruit juice</i>
Slushie	<i>99% pear juice</i>
Bottled water	
300ml plain milk	



BE PART OF THE TEAM!

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

THANK YOU!