

Seven Hills State School Tuckshop Menu 2009

Sandwiches/Wraps

	White	Wrap
	Hi-Fibre	
Ham or chicken	2.00	
Ham or chicken & salad	2.80	3.00
Chicken and mayo	2.20	2.40
Cheese	2.00	
Cheese & salad	2.80	3.00
Salad	2.20	2.40
Vegemite or jam	1.40	

Salads

Tub of salad		2.00
Add ham, chicken or cheese		1.00

Hot Food (1st break only)

Sausage rolls		2.20
Meat pies		2.40
Mini pies		1.00
Potatoe wedges		1.80
Potatoe wedges/cheese & salsa		2.40
Chicken nuggets	4 for	2.20
Lasagne		3.20
Macaroni cheese		3.20
Ham & pineapple pizza singles		2.20
Hamburger (let/tom/carrot/beet)		3.20
Chicken burger (let/mayo)		3.00
Ham & cheese toasted sandwich		2.40
Chicken & cheese toasted sandwich		2.40
Tomatoe & cheese toasted sandwich		2.20

Fruit/Yoghurt

Apple slinky	1.20
Cup fruit salad	2.00
Frozen grapes (over counter only)	.05
Frozen piece banana on stick(over counter)	.30
Cup l/fat yoghurt	1.50
Frozen yoghurt cube (over counter only)	.30

Snacks

Carrot Sticks - 6	.40
Banana & honey muffin	1.30
Choc chip muffin	1.30
Pikelets/ butter & jam	1.20
Cheese Le Snack	1.20
Popcorn	.70
Red Rock chips/original or honey soy	1.00
BBQ or chicken jumpees	.65
Zing fruit drops - jelly and fruit	.35

Drinks

Bottled Water	1.50
Breakas (Choc or Strawberry)	1.50
Poppers 100% Juice	1.30
Apple, Apple/blackcurrant, Orange	
Orange/Mango, Paradise Punch	

Cold Treats

Quelch icy pole (99% fruit)(over counter only)	.50
Variety of ice-blocks (over counter only)	50c - \$1.70

Green items – we encourage children to select most

Amber – we encourage children to select small amounts of