

# OLHC 2010 Healthy Tuckshop Over-the-Counter Menu



<b>Morning Tea Items</b>		<b>Lunch Items</b>	
From the bakery:		Frozen Orange Juice	\$0.40
- Cheese & Bacon Rolls	\$1.80	Frozen Pineapple Rings	\$0.30
- $\frac{1}{2}$ Cheese & Bacon Roll	\$0.90	Super Dupers	\$0.30
- Mini Finger Buns	\$1.00	Cookies	\$0.40
- Mini Croissants	\$0.50	JJ Noodle Snacks	\$0.80
Cookies	\$0.40	- BBQ or Chicken	
JJ Noodle Snacks	\$0.80	JJ Noodle Snacks Mini	\$0.30
- BBQ or Chicken		-BBQ or Chicken	
JJ Noodle Snacks Mini	\$0.30	Popcorn	\$0.80
-BBQ or Chicken		Savoury Biscuits	\$0.60
Popcorn	\$0.80	- Shapes etc...	
Savoury Biscuits	\$0.60	Sweet Biscuits	\$0.60
- Shapes etc...		- Tiny Teddies etc...	
Sweet Biscuits	\$0.60	Cheese Stringers	\$0.80
- Tiny Teddies etc...		Fruit Strings	\$0.80
Cheese Stringers	\$0.80		
<b>Thirst Quenchers</b>			
<b>(Morning Tea / Lunch)</b>			
Milk (250ml)	\$1.20		
- Chocolate			
- Strawberry			
Just Juice (250ml)	\$1.00		
- Apple			
- Orange			
- Tropical			

# OLHC 2010 Healthy Tuckshop

## (Pre-Ordered) Lunch Menu

The Tuckshop is open on Fridays. The following lunch items are available by pre-ordering. Please write **child's name, class and order** on a brown paper bag and include correct money, where possible. *(Please note no credit is given).*



<b>Hot from the Oven</b>		<b>Jaffles</b>	
Chicken Nugget -single	\$0.40	(hot and wholesome toasted sandwiches on white or wholemeal bread)	
Fish Fingers - single	\$0.40	Cheese	\$1.50
Meat Pie	\$2.10	Cheese and Tomato	\$2.00
Sausage Roll	\$1.60	Ham	\$1.70
Twista Bolognaise	\$2.40	Ham and Cheese	\$2.00
Macaroni Cheese	\$2.40	Ham, Cheese and Tomato	\$2.50
Fried Rice	\$2.50	Baked Beans	\$2.00
Pizza	\$1.80	<b>Sandwich Bar</b>	
- Supreme		(white or wholemeal bread)	
- Ham & Pineapple		Vegemite	\$1.00
Fantastic Noodles	\$1.80	Cheese	\$1.50
- Chicken		Cheese & Tomato	\$2.00
- Beef		Ham or Chicken	\$1.70
Corn on the Cob	\$0.50	Ham & Cheese	\$2.00
Sauce Portion	\$0.20	Tuna	\$2.00
- Tomato & Bar-b-que		Tuna & Tomato	\$2.50
		Traffic Lights (salad)	\$2.00
		(Lettuce, Carrot, Tomato and/or Beetroot)	
		OLHC Super Sandwich	\$2.70
		(Ham or Chicken with Lettuce, Carrot, Tomato or Beetroot)	