

Meadows Munchies

Parents, can you help us in the Tuckshop with your time? If not, perhaps you can assist by donating items such as tinned pineapple, sliced beetroot, tomato sauce, mayonnaise, freezer bags or even a bag of popping corn. All of these donations assist us in keeping our prices as low as they are.

Please send any donations to the office or Tuckshop.

**Open: Tuesday,
Wednesday, Thursday
& Friday**
Hours: 8.15am – 1.30pm

MUNCHIE DEALS: \$6.00

Munchie 1:

1x Cheese & Crackers
1x Egg & Lettuce Sandwich
1x Plain Milk

Munchie 3:

1x Cheese Pizza
1x Piece of Fruit
1xBreaka

Munchie 2:

1x Hamburger
1x Piece of Fruit
1x Breaka

SUSHI – FRIDAY

ONLY Available

Term 1 & 4

\$2.80 ea

Chicken and Avocado
Honey Soy Chicken
Chicken Teriyaki (GF)
Tuna & Avocado
Soy Sauce \$0.10

Some Items May Contain
Traces Of Nuts

Class Birthday Package 1 – 25 Fruit Ice Sticks \$12

Class Birthday Package 2 – 25 Choc Chip Cookies \$12

MADE TO ORDER: Cold Stuff

Dino Wrap (Lettuce/Cheese/Mayo)	\$3.00
Grandma's Wrap	\$4.00
(Chicken tender (GF)/Lettuce/Tomato/Aioli Dressing)	
Robyn's Wrap	\$2.50
(Toasted Ham, cheese & BBQ sauce)	
Wrap/Roll/Sandwich or Box:	
Salad	\$3.50
Ham	\$4.00
Chicken	\$4.50
Egg & Lettuce Sandwich	\$3.00
Ham & Cheese Sandwich/Toasted	\$3.00
Ham & Tomato Sandwich/Toasted	\$3.00
Extras	\$0.20ea
Gluten Free Wrap or Bread extra	\$0.50ea
Apple Crumble & Custard	\$2.00
Yoghurt & Toasted Muesli	\$2.00
Fresh Fruit Cup	\$2.00
Healthy Snack Box	\$2.50
(Carrot/Celery Sticks/Cheese/CC's/ Dip)	

TO ORDER – Hot Stuff

Wedges with Lite Sour Cream	\$3.20
Hotdog with Sauce	\$2.80
Hotdog with Low Fat Cheese	\$3.20
Hamburger with Salad	\$4.00
Chicken Burger	\$4.00
Lite Mini Pie	\$1.00
Sausage Roll n Sauce	\$2.50
Dino Nugget	\$0.50
4 Dino Nuggets & Salad	\$3.50
4 Fish Fingers & Salad	\$3.50
Fried Rice (GF)	\$3.50
Macaroni & Cheese	\$3.50
Beef Lasagne with Small Salad	\$4.00
GF Chicken Nugget	\$0.70
GF Chicken Tenders & Salad	\$4.50
Mamee Noodles Beef or Chicken	\$2.00
Garlic Bread	\$1.20
Cheese Pizza	\$3.50
Hawaii Pizza (Pineapple /Ham/Cheese)	\$4.00
BBQ Meatlovers Pizza (Ham/Salami/Cheese)	\$4.50
(All Pizzas have paste & Low Fat Grated Cheese & a choice of GF base or plain)	
Sauce: Tomato or BBQ	\$0.20

SNACKS

Popcorn	\$0.20
Boiled Egg	\$0.60
Cheese & Crackers	\$2.00
Custard Tub (GF)	\$1.50
Piece of Fruit	\$0.80
Chocolate Chip Cookie	\$0.50
Mini Iced Bun	\$1.20
J.J. Snack Chicken	\$1.20
Vege Chips (GF) or Red Rock Deli Chips 28g	\$1.20
(Sea Salt or Honey Soy)	

DRINKS

Breaka (Chocolate/Strawberry/Banana) 300ml	\$2.20
Plain Milk 300ml	\$1.80
Fruit Popper (Orange or Apple) 250ml	\$1.50
Water 600ml	\$1.00
Fruit Juice Slushee 225ml	\$2.00

**The following items can only be ordered for
RED FOOD DAY...**

Cheeseburger	\$3.50
Mini Dagwood Dog with Tomato Sauce	\$2.00
Rainbow Cone	\$1.00
Lucky Dip Chip (Assorted Flavours)	\$1.20
Freddo Frog 15g	\$0.50

FOR RED
DAY ONLY!

ICE BLOCKS

Fruit Ice Stick	\$0.60
Lemonade Bar (GF)	\$1.00
Scooby Doo Caramel/Choc/Banana (GF)	\$1.50
The Flash (GF)	\$1.00
Looney Tunes Vanilla Cup (GF)	\$1.50
Mango Split & Raspberry Split (GF)	\$2.00ea
Lite Jelly & Vanilla Ice Cream	\$2.00