

JULIE'S TUCKER BOX @ Surfside Primary School

TERM 1 2020

SNACKS RECESS & LUNCH

Popped Corn	\$1.00	(G)
Pretzels	\$1.00	(A)
Ginger Biscuit	\$1.00	(A)
*Blueberry Muffin	\$1.00	(G)
*Banana Muffin	\$1.00	(G)
Anzac Bliss Ball	\$0.50	(A)
Muesli Bliss Ball (GF)	\$0.50	(A)
Rice Crackers & Hummus	\$1.20	(G)
Rice Crackers & Cheese	\$1.20	(G)
Vanilla Yogurt	\$1.50	(G)
Fruit Cup	\$1.50	(G)
Frozen fruit 1 piece	\$0.30	
2 pieces	\$0.50	
Orange, Watermelon, Pineapple		(G)

*Gluten free option available

DESIGN A SANDWICH OR WRAP

Available for lunch Monday to Thursday

Choose from: White or Grain		
GLUTEN FREE 10C EXTRA		
Add: Margarine or Mayo		
Cream Cheese	\$3.00	(G)
Vegemite	\$3.00	(G)
Ham	\$3.00	(G)
Cheese	\$3.00	(G)
Chicken	\$3.50	(G)
Avocado	\$3.50	(G)
Salad*	\$3.50	(G)

Extra Filling per item \$0.50

Salad* lettuce, carrot, tomato & cucumber

COLD DRINKS

Water	\$2.00	
Milk	\$2.00	(G)
Chocolate Milk	\$2.00	(G)
Strawberry Milk	\$2.00	(G)
Tropical Juice	\$2.00	(G)
Apple Juice	\$2.00	(G)
Orange Juice	\$2.00	(G)

MONDAY & TUESDAY MEAL DEAL \$6

WEDNESDAY MEAL DEAL \$6

THURSDAY MEAL DEAL \$6

FRIDAY MEAL DEAL \$6.50

TOASTIE & DRINK

Ham	(G)
Cheese	(G)
Ham & Cheese	(G)
Chicken & Cheese	(G)
Chicken, Avo & Cheese	(G)

SUSHI & DRINK

Chicken & Avocado	(G)
Carrot, Cucumber, Avocado	(G)
Cooked Tuna, Cucumber & Capsicum	(G)
Cooked Tuna & Avocado	(G)

PASTA & DRINK

Penne Bolognese	(G)
Penne Napoli	(G)
Penne Cheese	(G)
Add cheese	50c extra

Sausage Roll	(A)
Chicken Nuggets	(A)
Ham or Cheese Salad wrap	(G)
Savory Muffin	(A)
Gluten free Veggie Arancini	(G)
Choose One from above	
Choose One Snack	
Choose ONE Cold Drink	
Sauce available on request	

JULIE'S TUCKER BOX OPERATING MONDAY TO FRIDAY

Parent information

The Canteen is a **Nut free** environment, therefore Julie's Tucker Box is able to provide snacks and lunches to those who are intolerant of nuts of any kind.

Providing ***Gluten free** options is also a priority, so being able to supply an alternative option is essential. There are several choices on the menu indicated by *. This means that an item is GF or an alternative can be made when notified upon ordering.

Ordering:

Write your Child's **NAME** and **CLASS** on your reusable lunch bag or unused brown paper bag

In your bag place your: **ORDER AND CORRECT MONEY. The lunch order then needs to placed in your grade's canteen basket.**

Please provide one bag per child. Paper bags can be provided at an additional cost of 20c each if not provided with your order.

PLEASE ENSURE YOUR REUSABLE BAGS ARE CLEANED THOROUGHLY IN ORDER TO COMPLY WITH FOOD SAFETY STANDARDS, ALSO PAPER BAGS MUST BE NEW AND UNUSED.

The Canteen operator is not held responsible for the condition or cleanliness of the bags you supply.

All the food prepared and supplied by the Canteen is ranked in accordance to the 'Healthy Canteen school guide'. As a parent this enables you to make informed choices regarding your child's nutritional requirements.

Green foods (G): Everyday foods

Amber Foods(A): Ok but NOT Everyday.