

Westside Fresh and Fast- Menu 2021 (Over the Counter)

HOT FOOD **1ST BREAK ONLY**

- Nuggets (low fat 4 pack)-\$3.00
- Meat Pie \$4.00
- Cheese & Bacon Roll- \$2.20
- Lasagne - \$4.00
- Chicken Burger \$4.00

SANDWICHES/SALADSWRAPS

- Vegetite/Jam/Cheese-\$2.00
- Ham & Cheese - \$3.20
- Egg, Lettuce & Mayo- \$3.50
- Salad- \$3.50
- Warm Chicken Tender Wrap- (Soft wrap filled with Warm Chicken Tender, Lettuce, Tomato & low-fat Mayo)- \$4.00
- Salad Box- (Lettuce, Carrot, Tomato, Cucumber, Cheese, Beetroot & Egg)- \$4.50
- West Side Wrap- (Chicken, Lettuce, carrot, Tomato with Mayo or Aioli)- \$4.00

EXTRAS

- Tuckshop Bag- 10c
- Tomato/BBQ Sauce Sachet- 50c

SNACKS

- Tuckshop made muffin- \$1.00
- Tuckshop made Cookies (*Choc Chip*)- 50c
- Boiled Egg- \$1.00
- Homemade Banana Bread- \$1.00
- Fresh Fruit Salad (seasonal fruit)- \$1.50
- Piece of in season fruit- \$1.00
- Fresh Popcorn (*Mon & Wed only*)- 50c
- Carrot Sticks with Aioli dip- \$1.00
- Yoghurt (*Banana, Strawberry, Vanilla*)- \$1.00
- Vanilla Custard- \$1.00
- Red Rock Deli Chips- (*Honey Soy Chicken, Plain Sea Salt*)- \$1.50
- JJs Chicken Snacks- \$1.50
- Chicken Jumps Chips- \$1.00

DRINKS

- Water 600ml- \$2.00
- Plain Milk 300ml- \$1.80
- Mighty Cool Chocolate/Strawberry Milk- \$2.20
- Juicee Popper 250ml \$2.00
- (*Apple, Apple/Blackcurrant, Tropical*)
- GLEE \$2.50
- (*BUBBLEGUM GRAPE, WATERMELON SOUR, TROPICAL, RASPBERRY, BLUEBERRY SOUR, LIME*)

ICE BLOCKS

- Chopstick 1/2 - 40c
- Chopstick- 80c
- Callipo- \$1.20
- Dixie Cup Ice-cream- \$1.20
- Icy Twist \$1.50
- Rainbow /Choc Paddle Pop- \$1.90

2 EASY WAYS TO ORDER FROM THE MENU

Westside Fresh and Fast- Menu 2021 (Over the Counter)

<u>The Preferred Way</u>	<u>Pop into the Tuckshop</u>
<p>Order and pay online VIA Munch Monitor before 8:45am to get your order the same day.</p> <p>Special online only menu items</p> <p>Easy to set up and order from your phone/computer</p> <p>To set up an account simply go to www.munchmonitor.com</p> <p>Username: waterfordwss Password: wwss4131 HELP DESK PH 1300 796 190</p> <p>You can also order up to 4 weeks in advance</p>	<p>Orders can be placed at the tuckshop between 8:00 and 8:45am daily</p> <p>-orders received after 9:00am may need to be substituted</p> <p>All over the counter orders will be charged 10c per tuckshop bag</p> <p>All bags should be clearly labelled</p> <p>1st Break Childs Name Childs Class Menu Item and Price Total</p> <p>EFTPOS AVAILABLE ON PURCHASES OVER \$10.00</p>

Our Menu is Smart Choices Compliant, giving our children healthier nutritious food made onsite as set out by QLD Dept of Education

Volunteers are always welcome and needed!

If you can spare a few hours once a week, please contact Lynne Goulding on 3442-0359

If you have any menu suggestions for great fresh meals, please contact Lynne to discuss your ideas