

RAINWORTH STATE SCHOOL

SMART CHOICE TUCKSHOP 2009

Big Lunch

Sandwiches (Green)

(Supplied on wholemeal or lavash)

Ham/Tuna	2.50
Ham/Tuna with Salad	3.50
Salad (tomato, lettuce, carrot, cheese)	2.50
Egg & Lettuce	2.00
Cheese & tomato	2.00
Vegemite or Honey	1.50
Salad on Lavash Bread	3.50
Ham/Tuna & Salad on Lavash Bread	4.50
Egg/Salad Lavash (from free happy chickens)	4.00

Salads (Green)

Hot Food (Amber)

Soup (pumpkin) Served with bread (Wed & Friday only)	3.00
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Sausage Rolls

Beef Burger (lettuce, Tomato, Beetroot, Cheese & Sauce)	3.00
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Chicken Burger (lettuce, & mayo)	3.50
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Hot Dogs

Roadie Pie	2.60
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Hot Apple Pie	2.00
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Chicken Nuggets	2.20
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Noodles	2.50
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Trattoria

Italian food for our School

Insalata Alfredo (Pasta, olives, parmesan, oil, tomato, white balsam vinegar, parsley) fresh daily	4.50
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Pizza cheese and bacon	2.00
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Lasagne (Preservative Free)	3.50
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Macaroni Cheese (Preservative Free)	3.50
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Tortellini with Bolognese Sauce (Preservative Free)	3.50
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Afternoon Tea

Sausage Roll	2.00
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Pizza	2.00
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Chicken Nuggets	2.20
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Roadie Meat Pie	2.60
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Hot apple pie	2.00
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Hot Dogs	2.00
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Available All Day

Healthy Extras (Green)

Apple Slinky	1.00
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Frozen pineapple	.40
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Boiled Egg (from free happy chickens)	.70
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Frozen Yoghurt	1.60
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Popcorn	.30
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Extras (Amber)

Gingerbread Man	1.20
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Pretzels	.50
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Homebaking	1.00
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Billabongs	1.20
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Icy Poles (Lemonade)	.90
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Rugrats	.50
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Drinks (Green)

Water (600ml)	1.50
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Calci-Yum (low fat Choc Milk)	1.50
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Drinks (Amber)

LOL 99% apple Juice	1.50
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Playwater (flavoured drink no colours)	1.50
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Breakas (Choc, Straw, Van,)	1.50
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100% Just Juice	1.50
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Jnr Popper 125ml	1.00
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Wednesday Only

Sushi (Green)

Avocado , Chicken Teriyaki, Chicken/Avocado, Tuna, Tuna/Avocado	2.50
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Vietnamese Rice Wraps

Vegetarian , Beef Teriyaki, Chicken Teriyaki	2.50
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Smoked Salmon Avo, Chicken Tandoori	
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Sushi/Vietnamese wraps must be ordered by 11am Monday

The Tuckshop is open Mon, Wed & Fri from 8.30am to 2pm. All order must be in by 9am please. Please place correct money into each bag if in Year 1, as it can create a problem for the little ones. All pies are approved and are in the amber group. If you have any queries about the menu please don't hesitate to contact the Convenor on 3514 9409 during the above hours. Thank you.

Rosie James - Rainworth Tuckshop Convenor – 3514 9409 or 3366 3564 or 0402 329 461