

All food served in the tuckshop
is made fresh in house!



1st Break

Wed | Thu | Fri

Sandwiches & Wraps

VEGETABLE OR JAM	3.50
CHEESE	4.50
CHICKEN	4.50
HAM	4.50
SALAD	5.50
ADD CHEESE	1.20
ADD SALAD*	1.50
TOASTED	0.50
WRAPS	
SALAD*	6.00
CHICKEN & SALAD*	7.00
HAM & SALAD*	7.00
CHEESE & SALAD*	7.00
EXTRAS	
MAYO	0.50
TOASTED	0.50

*ALL SALAD INCLUDES TOMATO, CUCUMBER, LETTUCE AND CARROT

Mini Lunch Box

\$7

BOILED EGG, CHEESE AND CRACKER, CHERRY TOMATO, CUCUMBER STICKS AND CARROT STICKS

Lunch Box

\$13

SANDWICH (HAM & CHEESE, CHICKEN & CHEESE OR SALAD) SEASONAL FRUIT BLISS BALL SMALL SNAPS PORTION

Hot Items

GARLIC BREAD	3.00
SAUSAGE ROLL (w/ SAUCE)	5.50
VEGETARIAN RAVIOLI	7.00
BEEF LASAGNE	7.00
BUTTER CHICKEN w/ RICE	7.00
CHICKEN TENDER WRAP	8.00
CHICKEN NUGGETS (w/ VEGGIE STICKS & SAUCE)	8.00
PIZZA (CHEESE, HAM & CHEESE, BBQ CHICKEN)	9.00

HOT DEAL ALERT:

Pizza & Waterford drink for just \$10!

Sweet Treats & Snacks

BOILED EGG	2.00
SEASONAL FRUIT	2.00
CHEESE & CRACKERS	2.00
BROWNIES	2.50
CARROT CAKE	2.50
SNAPS	3.00
COOKIES	3.00
GINGERBREAD	3.00
COOKIE DOUGH BALLS	3.00
BISCOFF OAT SLICE (GF)	3.50
BLISS BALLS (GF & DF)	3.50
SEASONAL MUFFINS	3.50

Drinks

JUICE POPPERS	3.00
FLAVOURED MILK	3.00
WATERFORD SPARKLING	4.00

Meal Deals \$13

WEDNESDAY

BEEF NACHOS: VEGGIE & BEEF LOADED NACHOS WITH CHEESE & LIGHT SOUR CREAM

THURSDAY

POKE BOWL: HONEY CHICKEN, RICE, EDAMAME, CUCUMBER, CARROT, SEAWEED FLAKES & SAUCE

FRIDAY

CHICKEN TENDER WRAP: CRISPY CHICKEN, LETTUCE, TOMATO CHEESE & MAYO

ALL MEAL DEALS INCLUDE SWEET TREAT & JUICE

Don't have time to prep breakfast?

PICK UP BETWEEN 7:30-8:30AM

YOGHURT AND FRUIT CUPS	5.00
OVERNIGHT CARROT CAKE OATS	5.50
FRIED EGG AND CHEESE TOASTED SANDWICH	5.50

Birthday Specials

BIRTHDAY BUCKETS - 1 X QUELCH ICE BLOCK PER STUDENT IN THE CLASS	24.00
BIRTHDAY CUP CAKES- 1 X CUPCAKE PER STUDENT IN THE CLASS	2.00 EA

BIRTHDAY STUDENT WILL ALSO RECEIVE A SPECIAL STICKER AND A BALLOON