

# M.E.S.S Tuckshop

Happy & Healthy



## BUILD-A-ABURGER

1. Choose your patty **\$5.00**

Angus Beef, Char Grilled Chicken  
Or Oven Baked Crumbed Fish

2. Choose your fillings -

Lettuce, carrot, cucumber, beetroot,  
tomato, cheese, onion or pineapple

3. Choose your sauce -

Tomato, Barbecue, Tartare or Mayo

## SANDWICHES & WRAPS

• Vegemite & Cheese **\$2.00**

• Egg & Lettuce # **\$3.50**

• Salad Sandwich **\$4.00**

Lettuce, cheese, tomato, cucumber,  
carrot, beetroot

Add Chicken, Turkey or Ham **\$0.50**

• Ham / Chicken Twister # **\$4.00**

Lettuce, cheese, carrot, cucumber & mayo

## TOASTIES

• Ham & cheese **\$4.00**

• Ham, cheese & tomato **\$4.00**

• Chicken & cheese **\$4.00**

• Just cheese **\$3.50**

## HOT FOOD

• Lasagne# **\$5.00**

Side Salad **\$2.00**

• Monster Marbles **\$4.00**

• Ham and Cheese Pizza **\$4.00**

• Nachos# **\$4.00**

• Butter Chicken # & Naan Bread **\$5.00**

## HOT SNACKS

• Corn Cob GF# **\$1.00**

• Garlic Roll **\$1.00**

• Chicken Drumstick (hot or cold) GF **\$1.00**

## DRINKS

• Water 600ml **\$2.00**

• Juice **\$2.00**

• Plain Milk 200ml **\$1.50**

• Sipahh Straw (Choc or Strawberry) **.50**

**ALL FOOD IS  
COOKED AND PREPARED  
IN OUR TUCKSHOP!**

## COLD FOOD

• Chicken Snack Box # **\$4.00**

Chicken leg, cheese cubes, cherry tomatoes,  
Boiled egg, apple slices and bread

• Teddy Bear's Picnic # **\$4.00**

Teddy bear shaped ham and cheese sandwich  
served with shaped fruit pieces.

• Salad Bowl **\$5.00**

Choice of chicken, turkey or ham

• Chicken Caesar Salad **\$6.00**

Add an egg **\$1.00**

## COLD SNACKS

• Boiled Egg GF **\$1.00**

• Muffin V # **\$1.00**

Gluten free available on request

• Air Pop Corn GF V # **\$1.00**

• Jelly Jewels (100% Fruit Juice) **\$1.00**

• Custard Cup **\$1.00**

• Pikelets with Jam **\$1.00**

• Fruit Shapes# **Small \$1.00**

Shaped Seasonal fruit pieces served in a cup

• Fruit Salad # **large \$3.00**

A mixture of seasonal fruit

• Frozen Yoghurt # **\$2.00**

GF - Gluten Free

# - Contains Vegetables  
or Fruit

Healthy  
HABITS

Daily Amber Menu - Please note that these items can only be ordered on these days due to the Smart Choice Guidelines

Monday	Tuesday	Wednesday	Thursday	Friday
Crispy Chicken & Mayo Sushi <b>\$4.00</b>	Honey Soy Nibbles <b>\$4.00</b>	Meatball Sub <b>\$4.00</b>	Fish & Chips Oven Baked <b>\$4.00</b>	<b>FRIDAY MEAL DEAL \$6</b>
Chicken Nuggets & Salad <b>\$4.50</b>	Sausage Roll <b>\$3.50</b>	Chicken Nuggets & Salad <b>\$4.50</b>	Pasta Carbonara <b>\$4.00</b>	

