



WCC WEIPA TUCKSHOP MENU 2010 TERM 3&4

SELECTED DAILY HOT MEALS

MONDAY ALL ORDERS FOR BOTH BREAKS IN BY 9.00AM

NEW SALAD SHAKERS. CHICKEN CAESAR ,GREEK OR HAM ,OR CORNED BEEF OR TUNA	\$4.00
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TUESDAY

CHICKEN CRACKLES [6 IN A BAG]	\$3.50
PORK RIBLETS	\$2.50 EACH
SUSHI [ASSORTED]	\$4.50

WEDNESDAY

CHAR GRILL CHICKEN BURGER[lettuce,tom,cheese,carrot,mayo]	\$5.00
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THURSDAY

SPAGHETTI BOLOGNAISE	5.00
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FRIDAY

PIES	\$3.50
PARTY PIES	\$1.20
SAUSAGE ROLLS	\$3.00
TOMATO SAUCE	\$0.50c

BIG SALAD PLATES

CAESAR SALAD OR GREEK SALAD	\$6.50
HAM OR CHICKEN OR BEEF OR TUNA SALAD	\$6.50
EGG & SALAD OR SALAD ONLY	\$6.00

EVERYDAY MEAL DEAL

JAM, VEGEMITE, HONEY OR CHEESE SANDWICH AND A PIECE OF FRUIT.	\$3.00
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TUESDAY & THURSDAY ONLY

POPCORN SMALL	\$.50C
POPCORN LARGE	\$1.00

ICE CREAMS TUES, THURS. AND FRIDAY ONLY

DIXIE CUPS	\$1.20
SKINNY COWS [CHOC VANILLA]	\$2.30
BILLABONGS	\$2.30
FROSTY FRUITS	\$2.30
FROZEN YOGURTS	\$2.50
MILO SMOOTH STICK	\$2.30



COLD & HOT LAVISH

HAM & SALAD	½ \$3.00	\$6.00
BEEF & SALAD	½ \$3.00	\$6.00
CHICKEN & SALAD	½ \$3.00	\$6.00
TUNA & SALAD	½ \$3.00	\$6.00
HAM, CHEESE & PINEAPPLE	½ \$3.00	\$6.00
EGG & LETTUCE	½ \$2.50	\$4.50
SALAD ONLY	½ \$2.50	\$5.00
CHICKEN, CHEESE & AVOCADO	½ \$3.00	\$6.00
CHICKEN, CHEESE & PINEAPPLE	½ \$3.00	\$6.00
CHICKEN CAESAR OR, PESTO, OR MEXICAN	½ \$3.00	\$6.00
CHICKEN CHEESE BBQ HOT LAVISH		\$5.50
CHICKEN CHEESE PINEAPPLE HOT LAVISH		\$5.50
HAM, CHEESE TOMATO HOT LAVISH		\$5.50
TUNA ,CHEESE ,ONION, LETTUCE, TOMATO HOT LAVISH		\$5.50
CHICKEN OR LAMB SOUVALAKI [LETT, TOM, CHEESE, CAROTT, ONION, SOUR CREAM] HOT		\$6.50

SANDWICHES

VEGEMITE, HONEY, JAM, CHEESE	\$2.00
EGG	\$3.00
EGG & LETTUCE	\$3.50
HAM	\$4.00
CHICKEN	\$4.00
CHICKEN, CHEESE & AVOCADO	\$4.50
TUNA	\$3.50
HAM & CHEESE	\$4.50
HAM, CHEESE, TOMATO	\$5.00
CORNED BEEF & SALAD	\$6.00
CHICKEN & SALAD	\$6.00
HAM & SALAD	\$6.00
TUNA & SALAD	\$6.00
SALAD ONLY	\$5.50
MEAT & SALAD TURKISH BREAD & AVOCADO	\$6.50
TOASTED OR EXTRAS	\$0.50c
WHOLEMEAL OR WHITE ROLLS, TURKISH, MULTIGRAIN	\$1.50



COUNTER SALES

BOTTLED WATER	\$3.00
STRAWBERRY MILK 250ML	\$2.50
VANILLA MILK 250ML	\$2.50
CHOCOLATE MILK 250ML	\$2.50
STRAWBERRY, VANILLA or CHOC MILK 600ML	\$3.50
ORANGE JUICE 100% 250ML	\$2.50
APPLE JUICE 100% 250ML	\$2.50
TROPICAL JUICE 250ML	\$2.50
GV JUICE 350ML [APPLE, TROPICAL, ORANGE, APPLE/BLACKCURRANT]	\$3.00
MILO CUP	\$1.00
FRESH FRUIT SALAD	\$3.50
CHEESE & BISCUITS	\$2.50
APPLE SLINKIES	\$1.50
YOUR OWN APPLE SLINKIED	\$0.10c
PIECE OF FRUIT	\$1.50
FROZIES (APPLE, ORANGE, BREAKY)	\$1.50
YOGHURT - SMALL	\$1.50
YOGHURT - LARGE	\$2.50
ASSORTED SNACK BARS WHEN AVAILABLE	60c TO \$1.00

How to fill out 2 lunch bags

FIRST BREAK

NAME: TIGER WOODS **CLASS:** 6C CRIDLAND 1ST BAG

ORDER: 1 HAM SANDWICH \$4.00
1 CHOCOLATE BREAKER \$2.50

TOTAL \$6.50

SECOND BREAK

NAME : TIGER WOODS **CLASS:** 6C CRIDLAND 2ND BAG

ORDER: 1 CHOCOLATE BILLABONG \$2.30
1 POPCORN LARGE \$1.00
1 TROPICAL POPPER \$2.50 TOTAL: \$5.80



Smart Choices

– Healthy Food and Drink Supply Strategy for Queensland Schools

Smart Choices is all about supplying healthy food and drink choices to students in Queensland schools.

School food and drink supply includes all situations where food and drink is supplied in the school environment - tuck shops, vending machines, school excursions, school camps, fundraising, classroom rewards, school events such as celebrations and sports days, and food used in curriculum activities.

Reflecting the *Australian Dietary Guidelines for Children and Adolescents* and *The Australian Guide to Healthy Eating*, **Smart Choices** categories foods and drinks into three groups:

GREEN – Have Plenty

Encourage and promote these foods and drinks in the school.

GREEN foods and drinks are drawn from the basic five food groups and are low in saturated fat, sugar and/or salt and rich in nutrients. These foods should feature prominently in the school environment.

Foods and drinks that fit into the **GREEN** category include fruit, vegetables, wholegrain or high fibre bread and cereals, reduced fat milk, cheese and yoghurt, lean meat, fish and poultry, eggs, nuts, water and reduced-fat milks.

AMBER – Select Carefully

Do not let these foods and drinks dominate choices and avoid large serve sizes.

AMBER foods and drinks are mainly processed and have had some sugar, salt or fat added to them. These products should not dominate at the expense of healthier choices. A selection that consists mostly of **AMBER** foods and drinks will provide students with choices containing too many kilojoules at the expense of fresh choices.

RED - Occasional

Limit the availability of these foods and drinks to no more than two occasions per term.

The 'occasional' foods and drinks that make up the **RED** category are based on the 'extra' foods as defined in *The Australian Guide to Healthy Eating*. These foods and drinks should only be consumed occasionally because they lack adequate nutritional value, are high in saturated fat, and/or added sugar and/or salt, can contribute excess energy and can contribute to tooth decay and erosion.

COME AND VOLUNTEER SOME OF YOUR TIME IN THE TUCK-SHOP
IT WOULD BE VERY APPRECIATED

