

# NOURISHED at South

Open: Wednesday – Friday 8am– 2pm

Volunteers Always Welcome !!

## HOW TO ORDER TUCKSHOP

Orders Close 8.30am

Online—



Counter - Cash or Eftpos



## FROZEN

**ONLY AVAILABLE AT SECOND BREAK**

Frozen yoghurt.....	\$1.00
Vanilla Cup .....	\$1.50
Frozen Fruit Juice stick .....	\$1.00
Birthday Bucket .....	\$15.00

## SNACKS

Popcorn .....	\$0.50
Boiled Egg.....	\$1.00
Apple Slinky.....	\$1.00
Seasonal Fruit .....	\$1.00
Cheese and Crackers.....	\$1.50
Home Bake (eg. Slice, Muffin).....	\$1.50

## SANDWICHES & WRAPS

Egg and Lettuce .....	\$4.00
Cheese.....	\$3.50
Ham .....	\$3.50
Ham/Chicken and Cheese.....	\$4.00
Ham/Chicken Tomato and Cheese .....	\$4.50
Chicken and Mayo.....	\$4.50
Ham and Salad.....	\$6.50
Chicken and Salad.....	\$6.50
Tuna and Salad.....	\$6.50
Sweet Chilli Tender and Salad Wrap.....	\$6.50
Plain Chicken Tender and Salad Wrap....	\$6.50
Salad .....	\$5.50
(Carrot, Cheese, Cucumber, Lettuce, Tomato, Beetroot and Mayo)	

Gluten Free Wraps and Toasting Available.

## HOT MEALS

Oven Fried Rice Small.....	\$4.00
Oven Fried Rice Large.....	\$6.00
Chicken Chips and Veggie Sticks.....	\$5.50
Sausage Roll with Sauce .....	\$4.00
Muffin Pizza .....	\$4.00
Zucchini Slice (GF).....	\$4.00
Lasagne.....	\$6.00
Beef Burger ( cheese & Sauce).....	\$5.50
Beef Burger ( All Salads).....	\$6.50
Chicken Burger ( lettuce, cheese mayo).....	\$5.50
Chicken Burger ( all salads).....	\$6.50

## SALAD BOXES

Side salad .....	\$4.50
Burrito Bowl .....	\$6.50
Chicken / Ham & salad box.....	\$6.50
Ceaser salad .....	\$6.50

## DRINKS

Water .....	\$2.00
Juice (Apple, Orange, Punch).....	\$2.50
Flavoured Milk (Choc/Straw).....	\$2.50