

# Moggill Tuckshop Term 1 2024

# Menu

## MAIN MEALS—AVAILABLE TUESDAY TO FRIDAY

**Homemade Butter Chicken** (GF, LF) **Large** \$6.00

*With Rice and Vegetables*

**Small** \$5.00

**Homemade Fried Rice** (GF, LF) (V option) \$4.50

*Rice, bacon, veggies, egg & GF soy sauce*

**Homemade Mac and Cheese** (v) \$4.50

*Macaroni pasta with tasty cheese and hidden veggies*

**Homemade Pesto Pasta** (v) **NEW** \$4.50

*Sunflower Seed and Basil based Pesto with Pasta (no nuts)*

**Homemade Chicken Pesto Pasta** **NEW** \$5.50

*Sunflower Seed and Basil based Pesto with Chicken (no nuts)*

**Homemade Pizza** *Thin crust pizza with low fat cheese*

- **Cheese** (v) \$4.00
- **Ham and Cheese** \$4.50
- **Hawaiian** \$4.70

**Kool Skool Sausage Rolls** \$4.50

**Kool Skool Meat Pie 170g** \$6.50

**Kool Skool Snack Pie 80g** \$3.70

**Hot Dog** (*Low Fat and salt franks in a wholemeal roll*) \$4.20

**Puppy Dog** (*Half a Hot Dog*) \$2.20

## **NEW** TUESDAY MENU

**Mexican Bowl** \$6.50

*Homemade Oven Baked Corn Tortilla Chips with Mexican Mince, Guacamole, Low Fat Grated Cheese, Corn, Tomato and Greek Yoghurt*

## **NEW** WEDNESDAY MENU

### Sushi Bowl

**Tuna** \$6.00

*Rice, Tuna, Cucumber, Carrot, Avocado, Edamame Beans, Nori Pieces*

**Teriyaki Chicken** \$6.50

*Rice, Teriyaki Chicken, Cucumber, Carrot, Avocado, Edamame Beans, Nori Pieces*

## **NEW** THURSDAY MENU

**Chicken Caesar Salad**  
\$6.50

*Lettuce, Bacon, Parmesan Cheese, Chicken and Caesar Dressing*

**Add an Egg** \$7.00

## HOW TO ORDER

### ONLINE (Our Preferred Method)

- Register online at [www.munchmonitor.com](http://www.munchmonitor.com)
- \* School ID moggillss
- \* Password munch4070
- Order before 8:45am
- Cost: \$4.65 per term per family—no transaction fees

### TUCKSHOP COUNTER

- Order over the counter between 8:30am and 8:45am
- Cash only over the counter



## DAILY MEAL DEALS

(Tuesday to Thursday)

**Small Butter Chicken, Fruit and Sweet Snack** \$9.00

**Fried Rice, Apple Slinky & Banana Smoothie** \$9.00

**Mac & Cheese, Fruit Salad and Garlic Bread** \$8.50

**Toastie, Choc Muffin or Banana Bread & Juice** \$6.50

**Chicken Tender Wrap, Popcorn and Juice** \$6.50

V—Meat Free (may contain Parmesan Cheese), GF—Gluten Free and LF—Lactose Free options available.  
NOTE: Our kitchen is not accredited for coeliacs.

Queensland Education Smart Choices Strategy  
**GREEN ITEMS—have PLENTY, AMBER ITEMS—select carefully**

Volunteers are always welcome. Please make contact with the tuckshop to organise a day and time.

Ph: 3202 0409 Email: [msstuckshop@gmail.com](mailto:msstuckshop@gmail.com)

Moggill Tuckshop is now open Tuesday to Friday 8.30am—2.00pm

## WRAPS

<b>Chicken Wrap (no Mayo)</b>	<b>\$4.20</b>
<i>Oven Baked Chicken Tender, Lettuce in a tortilla</i>	
<b>Chicken Wrap (with Mayo)</b>	<b>\$4.50</b>
<i>Oven Baked Chicken Tender, Lettuce and Mayo in a tortilla</i>	
<b>Sweet Chilli Chicken Wrap</b>	<b>\$4.50</b>
<i>Oven Baked Chicken Tender, Lettuce and Sweet Chilli Mayo in a tortilla</i>	
<b>Chicken Caesar Wrap</b>	<b>\$5.50</b>
<i>Oven Baked Chicken Tender, Lettuce, Parmesan Cheese, Bacon and Caesar Dressing in a tortilla</i>	
<b>Add Egg</b>	<b>\$6.50</b>
<b>Salad Wrap (GF available)</b>	<b>\$4.00</b>
<i>Lettuce, Carrot, Cucumber, Tomato in a tortilla</i>	
<b>Tuna Wrap</b>	<b>\$4.00</b>
<i>Tuna (95g tin) in a tortilla</i>	

## SANDWICHES AND TOASTIES

*(Gluten Free Bread extra \$1.00 and Lactose Free Cheese extra 50c available)*

<b>Vegemite</b>	<b>\$2.50</b>
<b>Cheese</b>	<b>\$3.00</b>
<b>Egg with Mayo</b>	<b>\$3.00</b>
<b>Egg and Lettuce with Mayo</b>	<b>\$3.50</b>
<b>Ham and Cheese</b>	<b>\$3.50</b>
<b>Chicken and Cheese</b>	<b>\$4.50</b>

## EXTRAS

*Lettuce and Carrot—0.30c,  
Beetroot, Cucumber, Cheese—0.50c,  
Sauce (Mayo, Tomato, BBQ) - 0.50c*

## DRINKS

<b>Plain Milk</b>	<b>\$1.00</b>
<b>Banana Smoothie</b>	<b>\$3.50</b>
<b>Milo</b>	<b>\$1.50</b>
<i>(Warm Milo is available during Term 2 and 3)</i>	
<b>Juicee Crush</b>	<b>\$2.20</b>
<i>Apple and Multi Juice available</i>	
<b>Flavoured Milk</b>	<b>\$3.50</b>
<i>Chocolate and Strawberry available</i>	

## FROZEN TREATS

<b>Frozen Yoghurt</b>	<b>\$3.50</b>
<i>(Mango and Raspberry)</i>	
<b>Calippo Mini</b>	<b>\$2.00</b>
<b>Icy Twist</b>	<b>\$2.00</b>
<b>Vanilla Ice Cream Cup</b>	<b>\$2.00</b>
<b>Quelch Fruit Stick</b>	<b>\$1.00</b>
<b>Mini Fruit Cup</b>	<b>0.20c</b>
<b>Mini Milo Cup</b>	<b>0.20c</b>

## EVERYDAY SNACKS

<b>Boiled Egg</b>	<b>\$1.00</b>
<b>Corn on the Cob</b>	<b>\$2.70</b>
<b>Snack Pack (GF)</b>	<b>\$2.00</b>
<i>Popcorn, Sultanas, Cheese and Rice Crackers (Lactose Free Cheese available)</i>	
<b>Rice Crackers &amp; Cheese( GF)</b>	<b>\$2.50</b>
<i>(Lactose Free Cheese available)</i>	
<b>Carrot Sticks</b>	<b>\$1.00</b>
<b>Cherry Tomatoes</b>	<b>\$2.00</b>
<b>Veggie Pack</b>	<b>\$2.50</b>
<i>Carrot, Cucumber Sticks and Cherry Tomatoes</i>	
<b>Add Hummus</b>	<b>(+50c)</b>
<b>Add Mini Fruit Muffin</b>	<b>(+30c)</b>
<b>Add Rice Crackers</b>	<b>(+30c)</b>
<b>Popcorn (GF, LF)</b>	<b>\$1.00</b>
<b>Cheese and Vegemite Scroll</b>	<b>\$1.50</b>
<i>Homemade in the Tuckshop with Yoghurt and Flour Dough and Low Fat Cheese</i>	
<b>Cheesy Garlic Bread</b>	<b>\$1.50</b>
<i>Homemade in the Tuckshop with Olive Oil Spread and Low Fat Cheese</i>	

## FRUIT

<b>Frozen Pineapple Ring</b>	<b>0.50c</b>
<b>Frozen Orange Segments</b>	<b>\$1.00</b>
<b>Frozen Grapes</b> <b>NEW</b>	<b>\$1.00</b>
<b>Fresh Seasonal Fruit from</b>	<b>\$1.00</b>
<b>Apple Slinky</b>	<b>\$1.50</b>
<b>Watermelon Wedges</b>	<b>\$2.50</b>
<b>Fruit Salad</b>	<b>\$3.00</b>
<i>Fresh Seasonal Fruit</i>	

## TREAT SNACKS

<b>Homemade Mini Fruit Muffin</b>	<b>0.30c</b>
<b>Homemade Fruit Muffin</b>	<b>\$2.00</b>
<b>Homemade Choc Muffin</b>	<b>\$2.00</b>
<b>Banana Bread</b>	<b>\$2.80</b>

## BIRTHDAY SPECIAL

<b>Quelch Fruit Sticks</b>	<b>\$20.00</b>
<b>Calippo Mini</b>	<b>\$40.00</b>

*7 Days notice is required. Please email or call us on  
3202 0409 or email: [msstuckshop@gmail.com](mailto:msstuckshop@gmail.com)*