

MOUNTAIN DISTRICT CHRISTIAN SCHOOL

LUNCH BOX MENU - TERM FOUR 2018

The tuck shop window is open every Thursday lunchtime

Sushi

Teriyaki Chicken	\$2.50
Crispy Chicken	\$2.50
Tempura Prawn	\$2.50
Salmon & Avocado	\$2.50
Tuna & Avocado (GF)	\$2.50
Avocado (GF)	\$2.50

Bakery & Hot Food

Dim Sim - steamed	.50
Chicken Nugget	.50
Gluten Free Chicken Nugget	.80
Plain Meat Pie	\$4.00
Sausage Roll (medium)	\$2.00
Quiche - <i>Egg & Bacon/Spinach</i>	\$3.50
Pizza Roll	\$2.50

Snacks

Florida's Fruit Nuggets	.30
Annie's 100% Fruit Bar	.60
Yoghurt Frogs	.10
Popcorn - <i>plain</i>	.50
Rice Wheels - <i>cheese</i>	.50
Salted Pretzels	.50
Prawn Crackers - <i>BBQ</i>	\$1.00
Chips - <i>Salt/Honey Soy/S.Chilli</i>	\$1.50
Gingerbread Man	\$2.00
Muffins - <i>Choc/Bberry/Raspberry</i>	\$2.50
2 Minute Noodles - <i>Chicken/Beef</i>	\$2.00
Yoodles (GF) - <i>Chicken/Beef</i>	\$2.00

Sandwiches & Baguettes

Toasted Sandwich (Farmhouse White Bread)	\$3.00
Toasted Sourdough (Artisan Sourdough)	\$4.00
Filling 1 - ham / cheese / tomato	
Filling 2 - fresh chicken / cheese / pesto	
Filling 3 - sun dried tomato / pesto / cheese spinach / sweet potato	

Filled Baguettes \$5.00

Filling 1 - Chicken / Lettuce / Herb Mayo
Filling 2 - Brie / Fig Jam / Salad Greens
Filling 3 - Sopressa Salami / Tomato Relish / Cream Cheese / Salad Greens

Drinks & Smoothies & Frozen Snacks

Mango Moment Smoothie	\$3.00
mango / pineapple / apple & mango juice	
Banana Caramel Smoothie	\$3.00
banana / medjool dates / caramel / milk	
Sungold Fresh Milk (300ml)	\$2.00
<i>plain/chocolate/strawberry/honeycomb/coffee</i>	
Juice (250ml)	\$2.00
<i>orange/apple/tropical/apple & blackcurrant</i>	
Frozen Blueberries	\$1.00
Frozen Cherries	\$1.00
Frozen Mango	\$1.00
Frozen Pineapple UFO's	.20
Moosie Milky Freeze - <i>choc/strawberry/banana</i>	\$1.50
Zooper Doopers	.50

PLEASE HAND ORDERS INTO THE OFFICE BY WEDNESDAY