

Nut Restricted Policy

St Andrew's School has a nut restricted policy to keep our students with nut allergies safe. Parents are asked not to send nuts or foods containing nuts to school. There is no need to avoid foods that have 'may contain traces of nuts' on their label.

Other Special Dietary Needs?

If your child has special dietary needs we may be able to arrange for suitable meals or snacks to be purchased from the Tuckshop. Please discuss this with Marie Drewett.

Volunteers

To run smoothly each day, our Tuckshop relies on the help of our families. If you are able to donate a small amount of your time (weekly, monthly or each term), please contact the Tuckshop Manager or the School Office on (08) 8168 5555 or email admin@standrews.sa.edu.au

Marie Drewett, Tuckshop Manager
Email: mdrewett@standrews.sa.edu.au
Phone: (08) 8168 5514



tuckshop MENU



red

Red category foods are less nutritious choices and should not be sold in South Australian school canteens on a day-to-day basis.



amber

Amber category foods are higher in energy, fat and salt and should be eaten less often.



green

Green category foods should be the basis of our diet. Choose these foods often.

'good food' at St Andrew's School

Good food is essential for good nutrition, healthy growth and optimal development.

At St Andrew's School we aim to provide a menu that complies with the South Australian Government 'Right Bite' program for promoting healthy choices in school canteens. The foods on the menu are divided into three categories based on their nutrient profile.

'Good Food' at St Andrew's is a work in progress, please help us by providing your feedback.

Details of the Right Bite program may be found at www.decs.sa.gov.au/eatwellsa

IT'S LUNCHTIME!

Sandwich Wrap/Baguette

Ham	3.50	4.70
Roast Chicken	3.50	4.70
Roast Beef	3.50	4.70
Tuna	3.50	4.70
Cheese	3.30	4.30
Cheese and Vegemite	3.30	4.30
Salad	3.40	4.50
Vegemite	1.70	2.90
Buttered Only	1.40	2.40
TO ADD SALAD	1.20	1.50
<small>(Lettuce, tomato, cucumber, carrot)</small>		

Extras available at cost:

Cheese	0.60
Carrot	0.50
Cucumber	0.50
Avocado	0.80
Roast Capsicum	0.80
Sun Dried Tomato	0.70
Tomato	0.50
Lettuce	0.50
Sauce	0.20
Mayonnaise	0.20
Vegemite	0.30
Toasting	0.20

Toasted Foccacia

Cheese	4.20
Cheese & Tomato	5.20
Cheese, Ham & Tomato	6.00
Cheese & Ham	5.20

Snack Attack Boxes (available lunch only)

Red Box:	
Cheese Portion, Carrot Sticks, Snow Peas, Sultanas, Rice Crackers	4.00
Blue Box:	
Mini Ham Roll, Carrot Sticks, Cucumber, Sultanas	4.00
Yellow Box:	
Tomato Salsa, Rice Crackers, Carrot Sticks, Cucumber, Sultanas	4.00
Green Box:	
Mini Buttered Roll, Sultanas, Cheese Portion, Carrot Sticks	4.00

WEEKLY SPECIALS

Monday/Wednesday

Wedges with Sweet Chilli Sauce/Sour Cream 5.50

Thursday

Marie's Homemade Vegetarian Nachos
(chilli, cheese, sour cream, corn chips) **5.50**

Tuesday/Friday

Sushi (Teriyaki Chicken, Tuna, Vegetarian, Californian) **5.50**
(Please specify second choice)

Maria's Homemade Specials

Marie's Homemade Fried Rice	5.50
Marie's Homemade Pasta	5.50
Macaroni Bake - Vegetarian (No preservatives, artificial colours or flavours)	
Vegetarian Stir Fry Noodles	5.50
Hot Potato	5.50
<small>Cheese, Low Fat Sour Cream & Coleslaw or Vegetarian Chilli, Cheese & Sour Cream</small>	
Chicken Burger with Lettuce & Mayonnaise	5.50
Fish Burger with Lettuce & Mayonnaise	5.50
100% Beef Burger with Lettuce, Tomato, Mayonnaise & Tomato Sauce	5.50
Vegetarian Burger with Lettuce, Tomato, Mayonnaise & Tomato Sauce	5.50
Chilli Chicken Wrap with Sweet Chilli Sauce	5.50
Chilli Chicken Wrap Half Serve	3.80

Even more to choose!

Chicken Nuggets (Reduced fat, 5 nuggets per serve)	3.00
Corn Cobette	1.30
Pizza (Ham & Pineapple)	3.20
Hot Dog (includes sauce)	4.20
Meat Pie (better bite)	3.60
Pasty (better bite)	3.60
Snack Pie (better bite)	2.80
Sausage Roll (better bite)	2.80
Sauce	0.20
Hot Mamee Noodles	3.50

GRAB & GO PACKS

PACK 1: 5 Spring rolls (oven baked)	8.00
PACK 2: Chicken Munchies	8.00
PACK 3: Margarita Pizza	8.00
PACK 4: Vegetarian Fried Rice	8.00
PACK 5: Marie's Vegetarian Pasta	8.00
PACK 6: Vegetarian Stir-Fry Noodles	8.00

All GRAB & GO PACKS come with a choice of Juice Box or water, cookie or muffin or small fruit salad. Choice of tomato or sweet chilli sauce.

SNACKS (Recess & Lunch)

Fresh Fruit · Apples, oranges, pears, melon	1.20
Fresh Fruit Salad	3.20
Yoghurt (99% fat free) Fresh	1.70
Mini Muffins Chocolate, Blueberry	1.70
K-Time Twist	1.60
Ovalteenies	.80
JJ Rice Crackers · Pizza, Chicken	1.00

DRINKS (Recess & Lunch)

Flavoured Milk · Chocolate, Strawberry, Iced Milo (made fresh every day with low fat milk)	2.10
Plain Milk	1.50
Spring Water 600ml	1.80
Fruit Juice 100% · Apple, Orange, Apple & Blackcurrant	1.80
Play Water	2.20

Iceblocks

(available lunch only)

Calippo Mini Raspberry	1.00
Lemonade Icy Pole	1.00
Paddle Pop: Chocolate, Rainbow, Banana	1.30
Vanilla Ice cream Cups	1.50

LATE ORDERS (after 9:30am)

Cheese Sandwich	3.30
Ham Sandwich	3.50
Vegemite Sandwich	1.70
Hot Mamee Noodles	3.50