

YAVNEH TUCKSHOP

WINTER LUNCH MENU 2020

SOUP

Small	\$3.50
Large	\$5.00

Pumpkin Mon + Tue Only

Vegetable Soup Wed + Thu Only

Chicken Parve Soup Fri Only

Large soup + garlic bread Mon + Thu Only	\$6.00
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DAILY HOT FOODS

Toasted cheese roll/jaffle	\$3.00
Toasted cheese + tomato	\$3.50
Toasted tuna + mayo	\$4.00
Toasted tuna + cheese	\$4.50

Pasta cheese + sauce	\$4.50
Pasta + cheese	\$4.00
Pasta + sauce	\$3.50
Plain pasta	\$3.00

Pizza Sub	\$2.50
Vegetarian hot dog	\$4.00
Challah bagel	\$2.00
Potato boreka	\$3.00
Mushroom boreka	\$3.00
Hash brown	\$1.50

DRINKS

Nippys Juices	\$2.50
Apple, Orange, Apple/Blackcurrent	
Water Bottle - 600ml	\$2.00
Nippys Flavoured Milk	\$3.00
Chocolate/Coffee	

ROLLS/BREAD/BAGELS

Request bagel/bread/roll. All breads are wholemeal.

Bagel/gluten free bread available for \$1.00 extra

Adding beetroot/avo/cheeses etc - \$1.00 extra

Garden salad - lettuce, tomato, avo, carrot, capsicum \$6.50

Tuna salad - with beetroot \$7.50
- with/without mayo light \$7.00

Egg sliced with salad \$6.50

Egg mayo with salad \$6.50

Avo mashed - with feta and lettuce \$7.00

SALADS

Extra salad dressing available - 50c

Green - lettuce, tomato, carrot, avo, snow peas, capsicum \$6.00

- with cottage cheese \$6.50

Greek - lettuce, tomato, cucumber, capsicum, feta, black olives \$7.00

Tuna - lettuce, tomato, cucumber, carrot, capsicum \$7.00

Tuna nicoise - lettuce, egg, tomato, carrot, cucumber, potato with/without mayo \$8.00

HEALTHY EATING GUIDE

Green foods are healthy food choices

Orange foods are OK, but not every day

Red foods eat in moderation

YAVNEH TUCKSHOP

WINTER RECESS MENU 2020

BAKED GOODS

Muffins	\$3.00
Choc-chip/raspberry white choc	
Gluten free muffin	\$3.50
Choc dip cookies	\$3.00

HEALTHY CHOICES

Tuna tub + crackers (GF option)	\$5.50
Mashed egg with mayo + crackers	\$5.50
Edamame, slightly salted	\$4.00
Veggie pack - carrots, cucumbers, capsicum, snow peas, tiny toms + dip	\$5.00
Fresh fruit salad - (GF option)	\$5.00
Fresh fruit per piece (seasonal)	\$1.00
Boiled egg	\$1.00
Pickled cucumber	.80c

HOT FOOD

Pizza Sub (wholemeal roll)	\$2.50
Challah bagel	\$2.00
Potato boreka	\$3.00
Mushroom boreka	\$3.00
Hash brown	\$1.50

SNACKS

Fruit straps	\$1.00
Liquorice (red or black)	\$1.00
Bagel chips - garlic homemade	.50c
French Fries chips sticks	\$1.00
Crispy Fruits chips	\$1.50

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ONLINE ORDERING ONLY

www.flexischool.com.au