

YAVNEH TUCKSHOP

SPRING /  SUMMER MENU 2023

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
Garlic Bread	\$2.00
Pizza Sub	\$2.50
Vegetarian hot dog	\$4.00
Challah bagel	\$2.00
Potato boreka	\$3.00
Mushroom boreka	\$3.00

DRINKS

Nippys Juices (frozen available)	\$2.50
Apple, Orange, Apple/Blackcurrent	
Water Bottle - 600ml	\$2.00
Nippys Flavoured Milk	\$3.00
Chocolate/Coffee/Strawberry	
Chilla Smoothies	
**available Mon-Thurs	
Swiss Chocolate	\$7.00
Toffee Caramel	\$7.00

ROLLS/BREAD/BAGELS

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

Bagel/gluten free bread available for \$0.30 extra

Adding beetroot/avo/cheeses etc - \$0.50 extra

Garden salad - lettuce, tomato, avo, carrot, capsicum, snowpea	\$7.00
Tuna salad - with beetroot	\$8.00
- with/without mayo light	\$7.50
Egg sliced with salad	\$7.00
Egg mayo with salad	\$7.00
Avo mashed - with feta and lettuce (no mayo)	\$8.00

SALADS Extra salad dressing available - 50c

Green - lettuce, tomato, carrot, avo, snow peas, capsicum	\$7.00
Greek - lettuce, tomato, cucumber, capsicum, feta, black olives	\$8.00
Tuna - lettuce, tomato, cucumber, carrot, capsicum	\$7.50
Tuna nicoise - lettuce, egg, tomato, carrot, cucumber, capsicum potato with/without mayo	\$9.00

HEALTHY EATING GUIDE

Green foods are healthy food choices

Orange foods are OK, but not every day

Red foods eat in moderation

EFTPOS AVAILABLE

ONLINE ORDERING ONLY

www.flexischool.com.au

YAVNEH TUCKSHOP

SPRING / SUMMER  LUNCH MENU 2023

HOT FOOD

MONDAY

PITA PIZZA

Margarita \$5.00

tomato base with cheese

Vegetarian \$6.00

tomato base with cheese,
tomato, capsicum, sliced
olives and mushrooms

TUESDAY

BAKED POTATO

With cheese

With cheese & tuna \$4.00

With tuna & mayo \$5.00

With tuna (no mayo) \$4.50

\$4.00

SUSHI

Tuna & cucumber \$3.50

Smoked salmon & cucumber \$3.50

Tuna & avocado \$3.50

Plain avocado \$3.50

WEDNESDAY

EDAMAME BEANS \$4.00

VEGGIE PACK \$4.50

Carrot, cucumber, snowpeas,
tiny tomato and red capsicum
with thousand island dip

THURSDAY

POKE BOWL

\$10.00

Smoked salmon, brown rice,
cucumbers, edamame beans,
avocado and carrot with
mayo and special dressing

SUSHI

Tuna & cucumber \$3.50

Smoked salmon & cucumber \$3.50

Tuna & avocado \$3.50

Plain avocado \$3.50

FRIDAY

VEGGIE SCHNITZEL BURGER \$7.00

Lettuce, tomato, pickle
(with or without mayonnaise)
(with or without tomato sauce)

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SPRING / SUMMER RECESS MENU 2023



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)	\$4.00
Mashed egg with mayo + crackers (GF Option)	\$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	\$1.00
Watermelon Tub	\$2.00

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HOT FOOD

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

SNACKS

Fruit straps	\$1.00
Bagel chips - garlic homemade	.50c
French Fries chips sticks	\$1.00
Crispy Fruits chips	\$1.50
Kettle chips	\$1.00
Sweet bagel chips	\$1.00
Sweet & chewy granola bar	\$1.00
Granola Tub	\$3.00

DRINKS

Nippys Juices (frozen available)	\$2.50
Apple, Orange, Apple/Blackcurrent	
Water Bottle - 600ml	\$2.00
Nippys Flavoured Milk	\$3.00
Chocolate/Coffee/Strawberry	
Icy poles	\$1.00
Hot Milo	\$2.00

FROZEN FRUIT

Grapes	\$2.00
Watermelon	\$1.00
Pineapple ring	30c

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