

KIRKTON PUBLIC SCHOOL TUCKSHOP MENU

Red Light, Green Light, Eat Right

(g) GREEN category foods should be the basis of our diet - Choose these foods often.

(a) AMBER category foods are higher in salt, energy and fat and should be eaten less often.

(r) RED category foods are less nutritious and should not be sold day to day in canteens.

HOT FOOD

(g) Beef Lasagne	\$2.50
(g) Macaroni Cheese	\$2.50
(a) Sausage Roll	\$3.00
(a) Meat Pie	\$3.00
(a) Party Pie	\$1.30
(g) Chicken Crackles (each) <i>with a salad of Carrot, Tomato and Cucumber</i>	\$0.50

Sausage Rolls, Meat Pies and Chicken Crackles come with a free Sauce – please note this on the bag.

WRAPS

(g) Salad Wrap <i>with Mayonnaise</i>	\$2.50
(g) Chicken Crackle Wrap <i>with Mayonnaise</i>	\$3.00
(g) Half Crackle Wrap	\$1.50
(g) Roast Chicken Salad Wrap <i>with Mayonnaise</i>	\$3.00
(g) Half Chickern Salad Wrap	\$1.50

The Salad includes; Carrot, Tomato, Cucumber and Lettuce

SNACKS

(a) Frozen Yoghurt	\$1.30
(a) Moosie <i>Chocolate, Blue Moon Or Jaffa</i>	\$1.00
(g) Icy Tubes <i>Assorted flavours</i>	.70c
(a) Vanilla Icecream Cups	\$1.00

DRINKS

(a) Moo Milk 120ml <i>Chocolate or Strawberry</i>	\$1.50
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