

# 2026 MENU

## The Pelicans' Tuckshop

### Term 2

Manager: Sarah O'Dare  
 Phone: 53358888  
 Open: Monday—Friday 8:15am—2:30pm  
 Email: tuckshop@tsspandc.com.au  
 Call, Email or Visit Sarah at the Tuckshop during opening hours

**Meal Times**  
 1st break: 11:10am—11:50am  
 2nd Break: 1:20pm—1:45pm  
Ice blocks can be purchased  
 1st break only



**SNACKS (Available Daily)** 


Homemade Scrolls.....	\$2.00
(Pizza/Vegemite)	
Boiled Egg.....	\$1.00
Homemade Hummus.....	\$2.50
(With Carrot Sticks/Crackers)	
Corn on the Cob.....	\$1.20
Homemade Custard Cup.....	\$1.50
Homemade Chia Pudding Cup (DF)(GF)...	\$2.00
Red Rock Deli Chips.....	\$1.00
Fresh Popcorn.....	\$1.00
Fresh Fruit Salad (Seasonal).....	\$2.50
Apple Slinky.....	\$2.00
Homemade Muffin of the Day.....	\$2.00
Cookie/Slice of the Week.....	\$1.50
Seaweed.....	\$1.00

**SANDWICHES (Available Daily)**  
 (Toasted or Non Toasted)  
 (On Wholemeal Bread from Local Bakery) 

Cheese.....	\$3.00
Egg & Lettuce.....	\$4.00
Cheese & Tomato.....	\$3.50
Ham & Cheese.....	\$4.50
Chicken & Cheese.....	\$5.00
Ham, Cheese & Tomato.....	\$5.00
Salad.....	\$5.00
(Lettuce, Carrot, Cucumber, Tomato, Beetroot & Cheese)	
Ham & Salad.....	\$6.00
Chicken & Salad.....	\$6.00
Toasted Add.....	\$0.50
Gluten Free Add.....	\$1.00

**HOT FOOD**   
 (Available Monday, Tuesday, Thursday & Friday)

Homemade Sausage roll.....	\$4.00
Tomato or BBQ Sauce.....	\$0.50
Veggie Nachos (GF).....	\$4.50
Plain Pasta.....	\$3.00
Add Butter or Cheese or Napoli Sauce.....	\$1.00

**WRAPS (Available Daily)** 

Salad & Cheese.....	\$5.00
Ham & Salad.....	\$6.00
Chicken & Salad.....	\$6.00

**SUSHI (Available Monday & Wednesday)**  
 (Order by Friday 2pm for Monday and Tuesday by 2pm for Wednesday) 


Chicken Teriyaki & Mayo.....	\$4.00
Chicken Katsu & Mayo.....	\$4.00
Avocado.....	\$4.00
Cucumber.....	\$4.00
Tuna & Mayo.....	\$4.00

**DRINKS (Available Daily)** 

Bottled Water 600ml.....	\$2.00
Milk 200ml.....	\$2.00
(Chocolate/Strawberry)	
Milk Lactose Free Chocolate 250ml.....	\$2.50
Juice Popper.....	\$2.00
(Apple/Tropical)	

**ASIAN TUESDAYS** 

Homemade Butter Chicken & Rice.....	\$6.50
Homemade Fried Rice.....	\$3.50
Add Chicken.....	\$1.00
Homemade Naan Bread.....	\$1.00

**PIZZA WEDNESDAYS**  
 (Homemade Pizza Dough & Sauce) 

Cheese.....	\$4.50
Ham & Cheese.....	\$5.50
Hawaiian.....	\$5.50
Meatlovers.....	\$6.50
Gluten Free Add.....	\$1.00

**ITALIAN THURSDAYS** 

Homemade Mac & Cheese.....	\$4.00
Gluten Free Add.....	\$1.00
Homemade Bolognese & Pasta.....	\$6.00
Gluten Free Add.....	\$1.00
Homemade Garlic Bread.....	\$2.00

**BURGER FRIDAYS** 

Beef Burger (Homemade Patty & Salad).....	\$6.50
Chicken Burger.....	\$6.50
(Homemade Crumbed Chicken Patty & Salad)	
(Add Cheese/Tomato Sauce/BBQ Sauce/Mustard)	

**ICEBLOCKS (Available Daily)**

Frozen Yoghurt (Mango/Wildberry).....	\$2.50
Moosies (Blue Moon/Strawberry).....	\$2.00
Quelch Fruit Sticks.....	\$1.00

**VOLUNTEERS NEEDED**

If you have any spare time and would like to help in the tuckshop, we would love your help even if it's 30 minutes. Please contact Sarah by phone or email.

Donated items are always appreciated to help with the day to day running of the tuckshop. E.g. Tinned tomatoes, olive oil, flour etc.

