

YAVNEH TUCKSHOP

AUTUMN/WINTER MENU 2024

DAILY HOT FOODS

Toasted cheese roll/jaffle	\$4.00
Toasted cheese + tomato	\$4.50
Toasted tuna + mayo	\$5.00
Toasted tuna + cheese	\$5.50
Pasta cheese + sauce	\$5.50
Pasta + cheese	\$5.00
Pasta + sauce	\$4.00
Plain pasta	\$3.50
Pizza Sub	\$3.00
Vegetarian hot dog	\$4.50
Challah bagel	\$2.50
Potato boreka	\$3.00
Mushroom boreka	\$3.50
Garlic Bread	\$2.00

DRINKS

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

HEALTHY EATING GUIDE

Green foods are healthy food choices

Orange foods are OK, but not every day

Red foods eat in moderation

ROLLS/BREAD/BAGELS

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

Bagel/gluten free bread available for \$0.30 extra

Add avo/cheeses etc - \$0.50 extra

Garden salad - lettuce, tomato, avo, carrot, capsicum, snowpea \$8.00

Tuna salad - with beetroot \$9.00
- with/without mayo light

Egg sliced with salad \$8.00

Egg mayo with salad \$8.00

Avo mashed - with feta and lettuce (no mayo) \$10.00

Wholemeal Sandwiches

Egg & Lettuce	\$6.50
Tuna & Pickle	\$6.50
Cheese & Tomato	\$6.50

SALADS Extra salad dressing available - 50c

Green - lettuce, tomato, carrot, avo, snow peas, capsicum \$8.00

Greek - lettuce, tomato, cucumber, capsicum, feta, black olives \$10.00

Tuna - lettuce, tomato, cucumber, carrot, capsicum \$9.00

Tuna nicoise - lettuce, egg, tomato, carrot, cucumber, capsicum potato with/without mayo \$10.50

EFTPOS AVAILABLE

ONLINE ORDERING ONLY

www.flexischool.com.au

YAVNEH TUCKSHOP

AUTUMN/WINTER MENU 2024

HOT FOOD

MONDAY

Soup \$6.00
Pumpkin

TUESDAY

Poke Bowl \$12.00
Salmon, rice, avocado,
nori, carrot

Soup \$6.00
Pumpkin

WEDNESDAY

SUSHI

Tuna & cucumber \$4.00
Smoked salmon & cucumber \$4.00
Tuna & avocado \$4.00
Plain avocado \$4.00

Soup \$6.00
Sweet Potato & leek

THURSDAY

Fish & Chips \$7.00

Baked Potato
Tuna and/or Cheese \$7.00

Soup
Sweet potato and leek \$6.00

FRIDAY

VEGGIE SCHNITZEL BURGER \$8.50
Lettuce, tomato, pickle & burger
bun (with/without mayonnaise
and/or tomato sauce)

Soup \$6.00
Parve Chicken Soup with Noodles
(GF Option)

BAKED GOODS

Muffins \$3.00
Choc-chip/raspberry
white choc

Gluten free muffin \$3.50
Choc-Chip dip cookies \$3.00
Smiley Face Cookies \$3.00

HEALTHY CHOICES

Fresh fruit salad \$5.00

Fresh fruit per piece
(seasonal) \$1.00

Boiled egg
Pickled cucumber \$1.00

Yoghurt cup with muesli
and berries \$4.50

Veggie pack with
thousand island dressing \$4.00

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

Homemade Sweet bagel chips \$1.00

Sweet & chewy granola bar \$1.00

Homemade Pita Chips \$1.00

FROZEN FRUIT

Grapes \$2.00

Pineapple ring 50c

HEALTHY EATING GUIDE

Green foods are healthy food choices

Orange foods are OK, but not every day

Red foods eat in moderation

ONLINE ORDERING ONLY

www.flexischool.com.au