

Tuckshop Menu 2020 Term 4

<u>Item</u>	<u>Price</u>	<u>Item</u>	<u>Price</u>
Morning Tea		Snacks	
English Muffin - bacon, egg & cheese (GF on request)	4.50	Cheddar cheese & crackers	3.00
Croissant - ham & cheese	5.00	Hommus - carrot, celery & cucumber (V, GF)	3.50
Pizza - ham or salami	3.50	Mexican dip, corn chips (V, GF)	4.50
Pasta Bake – chicken or vegetarian	4.50		
Sausage Roll	3.00	Healthy fruits & yoghurts	
Beef Pie	5.00	Whole fruits – assorted (V, GF)	1.50
		Fruit cup – sliced (V, GF)	3.00
Lunch		Fruit salad – small (V, GF)	3.50
Daily Specials		Fruit salad – large (V, GF)	5.00
Monday: Quinoa, capsicum, corn frittata, side salad (V, GF)	5.50	Greek yoghurt -mango or strawberry coulis (V, GF)	3.00
Tuesday: Fusilli pasta, tuna, tomato and spinach	5.50	Yoghurt cup, granola & berries (V)	4.50
Wednesday: Butter chicken, rice & naan (GF without Naan)	5.50	Vanilla custard	2.50
Thursday: Nachos - Chicken & black bean salsa (GF)	5.50	Jelly fruit cup (GF)	2.00
Friday: Special Fried Rice – edamame, bacon, egg, and market fresh vegetables (GF)	5.50		
Burgers (GF on request)		Baked Goods	
Chicken Burger, lettuce, tomato & mayo	5.00	Cake - chocolate or vanilla	1.50
Gourmet Beef Burger, caramelised onion & salad	6.00	Coffee roll/Finger bun	2.00
Vege Burger	5.00	Banana bread/Coconut bread	2.00
		Cookies – baked on site	2.50
		Slices – vanilla, apple, chocolate, caramel etc.	3.50
Hot Food		Apple & cinnamon scroll	4.00
Frittata – daily flavours (GF)	4.50		
Baked sweet potato, onion, capsicum & beans (GF)	5.00	Pre-packaged chips	
Hot Dog (add cheese for \$0.50)	3.50	Grain waves	1.50
Sausage Roll	3.00	Snaps (GF)	1.50
Beef Pie	5.00	Red rock deli chips 28gm	1.50
Pizza - ham or salami	3.50	Red rock deli chips 45gm	2.50
Pasta Bake – chicken or vegetarian	4.50	Popcorn	2.00
Toasted Turkish Bread - BBQ pulled pork & cheese	5.00		
Sandwiches, Salads and Sushi		Ice Blocks	
Sandwich -2 fillings (GF on request):	3.50	Calippo	1.20
• Ham & cheese		Icy Twist – lemonade	1.40
• Cheese & salad		Paddle Pop – chocolate or rainbow	1.80
• Chicken & avocado		Cyclone	2.40
• Salami &cheese		Shakey Shake	2.40
• Egg & lettuce		Ice-cream Cups (Nut & Gluten Free)	1.40
- Extra fillings, add \$0.50			
- Toasted, add \$0.50			
- Roll, add \$1.00			
- GF, add \$1.00			
Roast vegetable, chickpea & feta salad (GF)	5.50		
Greek Salad (GF)	5.50		
Asian wombok, pickled vegetable & chicken salad (GF)	5.50		
Vegetarian pasta & bean salad (V)	5.50		
Sushi Rolls (beef, chicken, tuna or vegetarian)	3.20		
Rice paper rolls (beef or chicken)	3.20		

* GF - options prepared by the tuckshop may contain traces of gluten as we are not a gluten free environment.

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Continued...

Cold Drinks	
Milk	
Plain milk 300ml	1.50
Plain milk 500ml	2.00
Breka flavoured milk 300ml (chocolate, coffee, strawberry)	2.50
Juices	
So Juicy 100% Orange or Apple 300ml	2.50
Emma & Tom's Small Juice 250ml	3.50
Emma & Tom's Smoothie 350ml	4.00
Emma & Tom's Quencher 450ml	4.00
Kombucha – (no sugar)	
Peach	3.00
Apple Crisp	3.00
Raspberry Lemonade	3.00
Ginger Lemon	3.00
Cherry Plum	3.00
Lemon, Lime & Mint	3.00
Blood Orange Switchel	3.00
Lightly Flavoured Sparkling Water	
Lime and Lemon 375ml <i>(zero sugar)</i>	2.50
Pineapple & Orange 375ml <i>(zero sugar)</i>	2.50

Information:

Online Order Cut Off Times:

Morning Tea: 8.30am

Lunch: 8.30am

If required for same day service.

Dietary Requirements

We are able to cater for most dietary requirements – please enquire at the tuckshop