

Kitchen Menu 2021 Term 3

Item	Price	Item	Price
MORNING TEA		LUNCH Cont'd	
English Muffin - bacon, egg & cheese (GF on request)	4.75	Salad	
Croissant - ham & cheese or chicken & cheese	5.25	Spanakorizo, rice, spinach, tomato & chicken (GF)	5.80
Pizza - ham & pineapple or BBQ chicken	3.75	Greek (GF)	5.80
Pasta Bake – Alfredo or Carbonara	4.75	Quinoa, black bean & corn (Vegan)	5.80
Sausage Roll	3.20	Pearl cous cous & vegetable, yoghurt dressing (V)	5.80
Beef Pie	5.25		
		AVAILABLE AT MORNING TEA AND LUNCH	
LUNCH			
		Snacks	
Daily Specials		Cheddar cheese & crackers	3.20
Monday: Chicken Teriyaki - steamed rice (GF)	5.80	Hommus - carrot, celery & cucumber (Vegan, GF)	3.75
Tuesday: Vegetarian Fried Rice – edamame & market fresh vegetables (GF, V)	5.80	Mexican dip, corn chips (V, GF)	4.75
Wednesday: Loaded wedges, onion, bacon & sour cream	5.80		
Thursday: Nachos – Mexican chipotle beef nachos (GF)	5.80	Healthy fruits & yoghurts	
Friday: Pasta Bolognese - parmesan cheese	5.80	Whole fruits – assorted (Vegan, GF)	1.00
		Fruit cup – sliced (Vegan, GF)	3.25
Burgers (GF on request)		Fruit salad – small (Vegan, GF)	3.75
Chicken Tender Roll - lettuce, tomato & mayo	5.50	Fruit salad – large (Vegan, GF)	5.25
Gourmet Beef Burger – lettuce, tomato, cucumber, carrot, beetroot, caramelised onion, chipotle sauce	6.25	Greek yoghurt -watermelon or pineapple (V, GF)	3.20
Vege Burger - lettuce, tomato, cucumber, carrot, beetroot & hommus	5.25	Yoghurt cup, granola & berries (V)	4.75
		Jelly fruit cup (GF)	2.00
		Baked Goods	
Hot Food		Cake - chocolate or vanilla	1.60
Soup of the Day – ever changing flavours	3.20	Coffee roll/Finger bun	2.25
Frittata – created in house	4.75	Banana bread	2.25
Hot Dog	3.70	Cookies – baked on site	2.60
Sausage Roll	3.20	Slices – vanilla, apple, chocolate, caramel etc.	3.75
Beef Pie	5.25	Apple & cinnamon scroll	4.25
Pizza - ham & pineapple or BBQ chicken	3.80	Cream bun	2.25
Pasta Bake – Alfredo or Carbonara	4.75		
Toasted Turkish Bread - BBQ pulled pork & cheese	5.25	Pre-packaged chips	
Toasted Turkish Bread – Chicken, mayonnaise & cheese	5.25	Grain waves	1.60
		Snaps (GF)	1.60
Sandwiches		Red rock deli chips 28gm	1.60
• Salad wrap - lettuce, tomato, cucumber, carrot, beetroot	3.75	Red rock deli chips 45gm	2.60
• Corned beef, tomato & pickles	3.75	Popcorn	2.20
• Chicken, lettuce & mayonnaise	3.75		
• Ham, cheese & tomato	3.75	Ice Blocks	
• Egg & lettuce	3.75	Calippo	1.20
o Extra fillings, add \$0.50		Icy Twist – lemonade	1.50
o Toasted, add \$0.50		Ice-cream Cups (Nut & Gluten Free)	1.50
o Roll, add \$1.00		Paddle Pop – chocolate, rainbow, strawberry	2.00
o GF, add \$1.00		Cyclone	2.65
		Splice – Pine Lime	2.80
Sushi			
Sushi Rolls (beef, chicken, tuna or vegetarian)	3.40		
Rice paper rolls (beef or chicken)	3.40		

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

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Cold Drinks	
Milk	
Plain milk 300ml	1.50
Plain milk 500ml	2.00
Breaka flavoured milk 300ml (chocolate, coffee, strawberry)	2.60
Juices	
So Juicy 100% Orange or Apple 300ml	2.60
Emma & Tom's Small Juice 250ml	3.75
Emma & Tom's Smoothie 350ml	4.25
Emma & Tom's Quencher 450ml	4.25
Emma & Tom's Green Tea 450ml	4.25
Kombucha – (no sugar)	
Peach	3.20
Apple Crisp	3.20
Raspberry Lemonade	3.20
Ginger Lemon	3.20
Cherry Plum	3.20
Lemon, Lime & Mint	3.20
Blood Orange Switchel	3.20
Lightly Flavoured Sparkling Water	
Lime and Lemon 375ml (<i>zero sugar</i>)	2.50
Pineapple & Orange 375ml (<i>zero sugar</i>)	2.50
Krazy Lemon	
Classic – 500ml	4.50
Ginger – 500ml	4.50
Strawberry – 500ml	4.50

IMPORTANT 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 Kitchen.