

OPEN 7:00am - 1:50pm

BREAKFAST 7:00am - 8:30am **MORNING TEA** 

LUNCH

Items have been freshly baked or prepared onsite Gluten Free (gf) Vegetarian (v) Dairy Free (df) Nut Free (nf) options available

### Week 1 - 14 July (student free day)

**	<b>Rolls and Wraps</b> Wrap – tandoori chicken with tzatziki and fresh cucumber Baguette – ham, caramelised onion and slaw Baguette – halloumi sweet potato and harissa aioli	\$8.20	
9	<b>Salads</b> Grilled chicken Caesar salad Quinoa roast vegetable salad with salsa verde dressing	\$8.30	
	Weekly SpecialsSides \$4.90Weekly Specials \$8.60Vegetarian and Gluten Free options availableMonday	Pizza \$8.40	
<u>२</u>	Student free day <b>Tuesday</b> Peperoni pizza   Chicken katsu curry   Vegetable curry   Spring rolls		
	Wednesday Mac and cheese bake Bolognaise		

Bolognaise Roast vegetable arrabiata penne Garlic bread

#### Thursday

Hoisin pork belly rice bowls Fried rice Chinese braised chicken stir fry

#### Friday

Cheese burgers Mushroom burger Wedges plain and loaded

VOLAS SUMPS

# TUCKSHOP TERM 3 2025

OPEN 7:00am - 1:50pm BREAKFAST 7:00am - 8:30am MORNING TEA Mon - Thur: 10:25am - 10:50am Friday: 10:05am - 10:30am LUNCH Mon - Thur: 1:05pm - 1:50pm Friday: 12:45pm - 1:30pm

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## **Week 2** – 21 July

	Rolls and Wraps	\$8.20
	Wrap – fried chili chicken wrap	
00	Baguette – ham, cranberry, brie and rocket	
	Baguette – egg tomato relish rocket and fetta	
	Salads	\$8.30
	Corn, black bean and halloumi salad with ranch dressing	
	Thai coconut chicken and roast sweet potato salad	

#### Weekly SpecialsSides \$4.90Weekly Specials \$8.60Pizza \$8.40

### Vegetarian and Gluten Free options available

**Monday** Beef burritos and vegetarian burritos El pastor chicken bowls Nachos Chicken burrito

#### Tuesday

Ham and cheese pizza Chicken Katsu curry Vegetarian curry on rice

#### Wednesday

Chicken sundried tomato and spinach pasta Bolognaise Roast vegetable arrabiata penne Garlic bread

#### Thursday

Korean beef bowl Pumpkin soup with dinner rolls Chinese braised chicken stir fry

#### Friday

Cuban sandwich Wedges Cuban picadillo mince on rice Cheese burgers

VOLAS SUMPS



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## **Week 3** – 28 July

	Rolls and Wraps
•	Wrap – halloumi, tomato relish and salad
2	Baguette – salsa verde chicken and brie
	Baguette – blt
	Salads

\$8.30

\$8.20

Pesto pasta salad Greek salad with lemon roast chicken

## Weekly SpecialsSides \$4.90Weekly Specials \$8.60Pizza \$8.40Vegetarian and Gluten Free options available

### Monday

Nachos Chicken burritos Carne asada on rice Chicken burrito

#### Tuesday

Lahmacun (Turkish flatbread) Awaze chicken and veg on rice Berber spiced vegetables on rice and beans Chicken Katsu curry

#### Wednesday

Chicken nduja bake Bolognaise Garlic bread Vegetarian pasta

#### Thursday

Chicken handi on rice Aubergine masala on rice Poppadom's with mango chutney Chinese braised chicken stir fry

#### Friday

Pulled pork burger Wedges plain and loaded Cheese burgers



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## Week 4 – 5 August

	Rolls and Wraps	\$8.20
	Wrap – BBQ chicken and cheese	
90	Baguette – ham, pickle and slaw	
	Baguette – brie, beetroot relish and rocket	
	Salads	\$8.30
	Harissa roast vegetable salad with tzatziki dressing	
	Chicken rice noodle salad	

# Weekly SpecialsSides \$4.90Weekly Specials \$8.60Pizza \$8.40Vegetarian and Gluten Free options available

#### Monday

Chilli con carne Beef burrito Nachos Chicken burrito

#### Tuesday

Hawaiian pizza Sweet and sour chicken noodle stir fry Dim sims Chicken Katsu curry

#### Wednesday

Chicken and bacon pesto pasta Bolognaise Garlic bread Vegetarian pasta

#### Thursday

Chinese chicken stir fry on rice Spring rolls Butter chicken

#### Friday

Chicken parmy burger Chips Home-made tomato soup Cheese burgers

VOLAS UNITS



Items have been freshly baked or prepared onsite Gluten Free (gf) Vegetarian (v) Dairy Free (df) Nut Free (nf) options available

## Week 5 – 11 August (13 August Public Holiday)

	Rolls and Wraps	\$8.20
	Wrap – herbed egg, fetta and lettuce	
00	Baguette – teriyaki chicken, aioli, tomato and rocket	
	Baguette – ham, pesto and brie	
J	Salads	\$8.30
	Honey mustard roasted root vegetable salad	
	Chop salad with cajun roast chicken and ranch dressing	

## Weekly SpecialsSides \$4.90Weekly Specials \$8.60Pizza \$8.40Vegetarian and Gluten Free options available

#### Monday

Topped baked potato Pulled pork bowl Chicken burrito

#### Tuesday

Peperoni pizza Chicken Katsu curry Harissa sweet potato soup Bread rolls

Wednesday Public holiday

#### Thursday

Chinese braised chicken stir fry Spring rolls Kakuni pork belly on rice

#### Friday

Fried chicken Burger with chipotle aioli and salad Chips Loaded wedges Cheese burgers

VOLAS SUMPS

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## Week 6 – 18 August

	Rolls and Wraps	\$8.20
••	Wrap – tandoori chicken with tzatziki and fresh cucumber	
	Baguette – ham, caramelised onion and slaw	
	Baguette – halloumi sweet potato and harissa aioli	
	Salads	\$8.30
	Grilled chicken Caesar salad	
	Quinoa roast vegetable salad with salsa verde dressing	

# Weekly SpecialsSides \$4.90Weekly Specials \$8.60Pizza \$8.40Vegetarian and Gluten Free options available

#### Monday

Carne asada bowl Chips and salsa Chicken burrito

#### Tuesday

Peperoni pizza Chicken Katsu curry Vegetable curry Spring rolls

#### Wednesday

Chicken sundried tomato and spinach pasta Bolognaise Roast vegetable arrabiata penne Garlic bread

#### Thursday

Butter chicken Wonton soup Fried rice Chinese braised chicken stir fry

#### Friday

Mushroom burger Wedges plain and loaded Cheese burgers



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## Week 7 – 25 August

	Rolls and Wraps	\$8.20
••	Wrap – fried chili chicken wrap	
	Baguette – ham, cranberry, brie and rocket	
	Baguette – egg tomato relish rocket and fetta	
	Salads	\$8.30
	Corn, black bean and halloumi salad with ranch dressing	
	Thai coconut chicken and roast sweet potato salad	

# Weekly SpecialsSides \$4.90Weekly Specials \$8.60Pizza \$8.40Vegetarian and Gluten Free options available

#### Monday

El pastor bowls Nachos Chicken burrito

#### Tuesday

Ham and cheese pizza Chicken Katsu curry Vegetarian curry on rice

#### Wednesday

Mac and cheese pasta bake Bolognaise Garlic bread Roast vegetable arrabiata penne

#### Thursday

Korean beef bowl Pumpkin soup with dinner rolls Chinese braised chicken stir fry

#### Friday

Cuban sandwich Wedges Cuban picadillo mince on rice Cheese burgers





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## Week 8 – 1 September (5 September student free day)

Rolls and Wraps	\$8.20
Wrap – halloumi, tomato relish and salad	
Baguette – salsa verde chicken and brie	
Baguette – blt	
Salads	\$8.30
Pesto pasta salad	
Greek salad with lemon roast chicken	

## Weekly SpecialsSides \$4.90Weekly Specials \$8.60Pizza \$8.40Vegetarian and Gluten Free options available

#### Monday

Chicken burritos Carne asada on rice Nachos Chicken burrito

#### Tuesday

Lahmacun (Turkish flatbread) Awaze chicken and veg on rice Berber spiced vegetables on rice and beans Chicken Katsu curry

#### Wednesday

Chicken nduja bake Bolognaise Garlic bread Roast vegetable arrabiata penne

#### Thursday

Chicken handi on rice Aubergine masala on rice Poppadom's with mango chutney Chinese braised chicken stir fry

**Friday** Student free day

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## Week 9 – 8 September

Rolls and Wraps	\$8.20
Wrap – BBQ chicken and cheese	
Baguette – ham, pickle and slaw	
Baguette – brie, beetroot relish and rocket	
Salads	<b>\$8.30</b>
Harissa roast vegetable salad with tzatziki dressing	
Chicken rice noodle salad	

# Weekly SpecialsSides \$4.90Weekly Specials \$8.60Pizza \$8.40Vegetarian and Gluten Free options available

### Monday

Chilli con carne Beef burrito Nachos Chicken burrito

#### Tuesday

Hawaiian pizza Sweet and sour chicken noodle stir fry Dim sims Chicken Katsu curry

#### Wednesday

Chicken and bacon pesto pasta Bolognaise Garlic bread Roast vegetable arrabiata penne

#### Thursday

Chinese chicken stir fry Spring rolls Hoisin pork belly steamed vegetables and rice

#### Friday

Chicken parmy burger Chips Home-made tomato soup Cheese burger





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### Week 10 – 15 September (19 September student free day)

	Rolls and Wraps	\$8.20
	Wrap – herbed egg, fetta and lettuce	
00	Baguette – teriyaki chicken, aioli, tomato and rocket	
	Baguette – ham, pesto and brie	
	Salads	<b>\$8.30</b>
	Honey mustard roasted root vegetable salad	
	Chop salad with cajun roast chicken and ranch dressing	

#### Weekly Specials Sides \$4.90 Weekly Specials \$8.60 Pizza \$8.40 Vegetarian and Gluten Free options available

#### Monday

Topped baked potato Pulled pork bowl Chicken burrito

#### Tuesday

Peperoni pizza Chicken Katsu curry Harissa sweet potato soup Bread rolls

#### Wednesday

Bolognaise Garlic bread Roast vegetable arrabiata penne

#### Thursday

Chinese braised chicken stir fry Spring rolls Kakuni pork belly on rice

## Student free day

Friday