

St Margaret's



TUCKSHOP TERM 1 2021

# menu

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

Items that have not been pre-ordered may require a five-minute wait

\* Items have been freshly baked or prepared onsite - *Gluten Free (GF) Vegetarian (v)*

## Breakfast

Bacon, egg and cheese english muffin*	\$4.20
<i>GF option (on GF bread)</i>	\$4.40
Oven baked hashbrowns (v)	\$3.10
Toasted turkish bread, ham and cheese or salami and cheese	\$4.20
Muffin of the day*	\$3.00
Fresh fruit salad (v)	\$4.00
Fruit yoghurt (v)	\$3.00
Pancakes with maple syrup	\$3.00

## Snacks

Spinach & ricotta roll (v)	\$4.00
Sausage roll	\$4.00
Jelly cups 150ml (v) (GF)	\$1.00
Chocolate mousse 150ml (v) (GF)	\$2.50
Fruit salad cups (v)	\$3.80
Cheese and crackers (v)	\$3.00
Vegetable sticks, cheese and hummus dip (v) (GF)	\$3.70
Watermelon cups (v)	\$2.20
Fruit yoghurt (v)	\$3.00
Greek yoghurt and granola cups with berry coulis (v)	\$3.50
Chocolate or fruit muffin of the day (v)	\$3.00
Homemade banana bread and butter	\$3.00
Freshly baked cookies	\$1.80
Apple pie	\$3.00

## Potato chips and snacks

Red rock honey soy chicken chips 28gms	\$1.50
Red rock sea salt chips 28gms	\$1.50
Grain waves 28gms	\$1.50
JJ snacks 24gms	\$1.20
Plain popped pop corn 13gms (GF)	\$0.80

## Drinks

Nu pure water 600ml	\$1.90
Nu pure sparkling 500ml	\$2.40
Up and go vanilla or chocolate 250ml	\$2.90
Lipton ice teas – peach or raspberry 500ml	\$3.80
Lemon 350ml	\$2.50
Waterfords mineral water 475ml	\$3.00
Tahitian lime	
Orange & mango	
Berry	
Nudie Juice 200ml	\$1.80
Apple	
Tropical	
Orange	
M2Go flavoured milk 250ml	\$1.80
Chocolate	
Strawberry	
Krazy Lemon 200ml	\$2.40
500ml	\$3.50

## Frozen treats and snacks

Frozen fresh watermelon (v)	\$2.50
Frozen mango (v)	\$2.50
Frozen fresh orange pieces	\$2.50
Bulla frozen yoghurt raspberry or mango (GF)	\$2.60
Twisted frozen yoghurt vanilla & strawberry (GF)	\$2.60
Quelch tropical fruit juice icy tube 70ml	\$0.80
Paddlepop - cyclone	\$2.50
Paddlepop – rainbow	\$1.80
Raspberry pine calippo	\$1.20

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## Lunch

### Fresh Sushi selection

Check display fridge for availability (v) \$3.30

### Salads\*

Thai vegetable and rice stick noodle salad (v) \$6.70

Roast pumpkin, rocket, feta and quinoa salad (v) \$6.70

### Freshly filled rolls\*

Egg mayonnaise with lettuce (v) \$5.20

Roast chicken with salad \$5.20

Ham, cheese and tomato \$5.20

Salad and tasty cheese (v) \$5.20

**Sandwiches** \*-white bread with butter (multigrain or wholemeal bread available) \$2.60

Fillings (each) \$0.55

Ham, salami, cheese, chicken mayonnaise, egg mayonnaise, lettuce, tomato, cucumber, vegemite, cream cheese, tuna

Toasted \$0.50

*GF options* add \$1.00

### Wraps

Chicken tenders with sweet chilli sauce, grated cheese and salad \$5.75

### Monday\*

Karaage chicken with curry sauce, coleslaw and rice \$6.40

Stir-fry Teriyaki tofu and vegetables with rice (v) \$6.40

Steamed pork buns with dipping sauce \$4.70

### Tuesday\*

Butter chicken with jasmine rice (GF) \$6.40

Coconut spiced sweet potato curry and rice (v) (GF) \$6.20

Cheese and garlic naan bread (v) \$3.00

### Wednesday\*

Tempura fish pieces with chips and tartare sauce \$6.20

Chicken breast nuggets \$5.00

Chips and gravy \$3.50

### Thursday\*

Spaghetti bolognese with parmesan cheese (GF available) \$6.20

Spinach & ricotta cannelloni with napoli sauce (v) \$6.20

Garlic bread (v) \$3.20

### Friday\* – Homemade pies

Mexican chicken with brown rice and cornbread \$6.40

Nachos with mexican beef, cheese and sour cream \$6.20

Loaded hotdog with bacon, cheese and tomato sauce \$5.20