

St Margaret's



TUCKSHOP TERM 1 2023

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 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*	\$3.50
Fresh fruit salad (v)	\$4.00
Fruit yoghurt (v)	\$3.00
Pancakes with maple syrup (v)	\$3.00
French toast with maple syrup (v)	\$4.00

Snacks

Spinach and 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) (GF)	\$4.20
Cheese and crackers (v)	\$3.00
Vegetable sticks, cheese and hummus dip (v) (GF)	\$3.70
Watermelon cups (v) (GF)	\$2.40
Fruit yoghurt (v)	\$3.00
Chocolate or fruit muffin of the day (v)	\$3.50
Banana bread and butter	\$3.00
Freshly baked cookies	\$1.80
Caramel slice (GF)	\$3.00
Gingerbread man	\$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	\$2.20
Nu pure sparkling 500ml	\$2.50
Up and go chocolate 250ml	\$2.90
Lipton ice teas 500ml	\$3.80
Peach	
Raspberry	
Waterfords mineral water 475ml	\$3.00
Tahitian lime	
Orange and Passionfruit	
Apple Berry	
Nudie Juice 200ml	\$2.00
Apple	
Tropical	
Orange	
M2Go flavoured milk 250ml	\$2.00
Chocolate	
Strawberry	
Krazy Lemon 200ml	\$2.50
500ml	\$3.50
Groove flavoured water 350ml	\$2.60
Watermelon	
Grape	

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
Twisted frozen yoghurt chocolate & banana (GF)	\$2.60
Quelch tropical fruit juice icy tube 70ml	\$0.90
Paddlepop - cyclone	\$2.50
Paddlepop - rainbow	\$1.80
Raspberry pine calippo	\$1.30
Ice cream dixie cup 118ml	
chocolate or strawberry	\$2.00

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Lunch

Fresh Sushi selection

Check display fridge for availability (v) \$3.80

Salads*

Tuna nicoise salad \$6.80

Greek salad with feta cheese (v) \$6.80

Freshly filled rolls*

Egg mayonnaise with lettuce (v) \$5.40

Roast chicken with salad \$5.40

Ham, cheese and tomato \$5.40

Salad and tasty cheese (v) \$5.40

Sandwiches *—white bread with butter (multigrain or wholemeal bread available) \$2.80

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 \$5.90

Falafel, cheese, salad and hommus (v) \$5.90

Monday*

Sweet and sour chicken with steamed rice \$6.50

Pork in plum sauce with steamed rice \$6.50

Vegetable springrolls with dipping sauce (v) \$5.50

Tuesday*

Spaghetti bolognese with parmesan cheese (*GF available*) \$6.50

Garlic bread (v) \$3.50

Spinach and ricotta tortellini with napoli sauce \$6.50

Wednesday*

Tempura fish pieces with chips and tartare sauce \$6.30

Chicken breast nuggets \$5.00

Chips and gravy \$3.50

Thursday*

Mexican beef lasagne \$6.50

Chicken fajita with rice and tortilla \$6.50

Vegetable nachos with sour cream and guacamole (v) \$5.20

Friday*

Butter chicken curry with basmati rice \$6.50

Chickpea and coconut curry with basmati rice (*GF*) (v) \$6.00

Naan bread with garlic and cheese (v) \$3.00