



TUCKSHOP TERM 3 2020

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)	\$3.50
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
Home made pikelets with honey (v)	\$3.00
Freshly baked cookies	\$1.80

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

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
Monster noodle snacks 25gms	\$1.00
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
Focus on sports water - raspberry 350ml	\$2.10
Focus on sportswater - blackcurrant 500ml	\$2.60
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	
Waterfords Kids 300ml	\$1.50
Tropical	
Blackcurrent	
Raspberry	
Chill aloe & watermelon 500ml	\$2.60
Nudie Juice 200ml	\$1.80
Apple	
Tropical	
Orange	
M2Go flavoured milk 250ml	\$1.80
Chocolate	
Strawberry	



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Lunch

Fresh Sushi selection

Check display fridge for availability (v) \$3.30

Salads*

Moroccan lamb, vegetable, chickpea and couscous with tzatziki dressing \$6.50

Greek salad with feta cheese (v) (GF) \$6.00

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

Cream cheese, Asian salad and sweet chilli sauce (v) \$5.60

Monday*

Pork in plum sauce with steamed rice \$6.20

Stir-fry chicken and vegetable in honey soy sauce with steamed rice (GF) \$6.20

Vegetable spring rolls with dipping sauce (v) \$4.50

Tuesday*

Butter chicken with jasmine rice (GF) \$6.20

Beef rendang with steamed rice \$6.50

Cheese and garlic naan bread (v) \$2.90

Wednesday*

Tempura fish pieces with chips and tartare sauce (v) \$6.00

Chicken breast nuggets \$4.80

Chips and gravy \$3.50

Thursday*

Spaghetti bolognese with parmesan cheese (GF available) \$6.00

Penne pasta carbonara and parmesan cheese \$6.00

Garlic bread (v) \$3.20

Friday* – Homemade pies

Steak and mushroom pie \$5.00

Chicken and vegetable pie \$5.00

Cheese and potato pie (v) \$5.00

