

St Margaret's



TUCKSHOP TERM 4 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 (GF)	\$1.00
Chocolate mousse 150ml (v)(GF)	\$2.80
Fruit salad cups (v)(GF)	\$4.20
Cheese and crackers (v)	\$3.20
Vegetable sticks, cheese and hummus dip (v)(GF)	\$3.90
Watermelon cups (v)(GF)	\$2.40
Chocolate or fruit muffin of the day (v)	\$3.50
Banana bread and butter	\$3.20
Freshly baked cookies	\$1.80
Caramel slice (GF)	\$3.50
Gingerbread man	\$3.20

Frozen treats and snacks

Frozen fresh watermelon (v)	\$2.50
Frozen mango (v)	\$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	\$2.00
Raspberry pine calippo	\$1.40
Ice cream dixie cup 118ml chocolate or strawberry	\$2.00

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	\$2.25
Chocolate	
Strawberry	
Krazy Lemon 200ml	\$2.50
500ml	\$3.50
Groove flavoured water 350ml	\$2.60
Watermelon	
Grape	

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Lunch

Fresh Sushi selection

Check display fridge for availability (v)(GF) \$3.80

Salads*

Lemon and garlic marinated grilled chicken salad with minted yoghurt and mediterranean salad \$7.00
Roast vegetable pasta salad with nut free pesto dressing (v) \$7.00

Freshly filled rolls*

Classic egg and mayonnaise roll with cress (v) \$5.40
Super chicken mayonnaise club with crispy bacon, sliced egg and lettuce \$5.40
Thick cut sliced ham roll with brie and cranberry glaze and rocket \$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 \$6.00
Korean style pork belly lotus buns with pickled vegetables \$6.00

Monday*

Japanese chicken katsu curry (mild) with short grain rice (df) \$6.50
Harumaki vegetable spring rolls mild sweet chilli sauce (v) \$5.50
Japanese vegetable curry with short grain rice (v) \$6.50

Tuesday*

Potato gnocchi with wild mushrooms and pulled beef ragout and parmesan cheese (GF option available) \$6.50
Traditional spaghetti and meatballs in authentic sugo di pomodoro (GF option available) \$6.50
Spaghetti and vegan meatballs in authentic sugo di pomodoro (v) \$6.50
Garlic bread (GF option available) \$3.50

Wednesday*

Tempura fish pieces with chips and tartare sauce (v) \$6.30
Chicken breast nuggets \$5.00
Chips and gravy \$3.50

Thursday*

Lamb koftas with spiced grilled vegetable, cous cous and cucumber yoghurt tzatziki \$6.50
Chickpea and herb falafel, spiced grilled vegetable couscous and cucumber yoghurt tzatziki (v) \$6.50
Dukkah spiced baby potatoes with chickpea casserole and mint yoghurt (v) \$3.00

Friday*

Beef and cheeseburger with pickles and tomato sauce on a soft roll \$6.50
Grilled chicken burger with tomato, red onion and aioli on a soft roll \$6.00
Vegan patty with lettuce, tomato red onion and garlic aioli on a soft roll \$6.00