

St Margaret's



TUCKSHOP TERM 1 2024

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

All items have been freshly baked or prepared onsite
Gluten Free (GF) Vegetarian (v)

Week 1

Rolls and Wraps

\$7.00

Hoisin tofu and salad wrap (v)

Tandoori chicken wrap with carrot, tomato and lettuce

Mortadella, mozzarella and beetroot relish in a
sourdough baguette

Salads

small \$5.50 large \$7.00

Caesar salad with roast chicken

Rice noodle salad with sweet chilli lime dressing (GF)

Weekly Specials

\$7.50

Vegetarian and Gluten Free options available

Monday

Brazilian flank steak with chimichuri on rice and beans

Tuesday

Greek porchetta on vegetable studded pearl couscous
with apple sauce

Wednesday

Bolognaise gnocchi topped with spinach and parmesan

Thursday

Cajun roasted barramundi with steamed vegetables and rice

Friday

Pupil free day

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Week 2

Rolls and Wraps

\$7.00

Chicken tex-mex wrap with carrot, cheese, lettuce and aioli

Smoked salmon, minted cucumber and cos wrap

Corned beef, pickle relish and swiss cheese roll

Salads

small \$5.50 large \$7.00

Cajun braised chickpea salad with avocado dressing (GF) (v)

Greek salad with roast chicken (GF)

Weekly Specials

\$7.50

Vegetarian and Gluten Free options available

Monday

Chilli con carne on rice with sour cream, guacamole and tomato salsa

Tuesday

Pork schnitzel on mash with green beans and sauerkraut

Wednesday

Tuscan braised chicken on cavaletti topped with spinach and parmesan

Thursday

Citrus baked prawns on rice with parsley butter and steamed vegetables

Friday

BBQ pork bahn mi rolls with pickled vegetables and slaw

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Week 3

Rolls and Wraps

\$7.00

Italian roll – prosciutto, mortadella, provolone and spinach in a sourdough baguette

Roast chicken with pumpkin, tomato and mix leaf wrap

Mediterranean grilled vegetable and halloumi wrap (v)

Salads

small \$5.50 large \$7.00

Green goddess salad with quinoa, green beans and roast chicken (GF)

Balsamic roasted beetroot salad with cucumber, mix leaf and toasted pepitas (GF) (v)

Weekly Specials

\$7.50

Vegetarian and Gluten Free options available

Monday

Mexican pulled pork bowl with roasted sweet potato, rice, avocado and tomato salsa

Tuesday

Pizza, ham and pineapple or peperoni

Wednesday

Tortellini, grilled vegetables and a tomato sauce, topped with spinach and parmesan

Thursday

Romesco baked salmon on pearl couscous, roasted vegetables and feta

Friday

Steak burger on brioche bun with caramelised onion, lettuce, tomato and cheese

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Week 4

Rolls and Wraps

\$7.00

Roast chicken, ranch dressed salad on a sourdough baguette

Miso grilled vegetables with tomato, mix leaf all wrapped up (v)

Green eggs and ham – pesto egg mayonnaise with thick sliced ham and cheese wrap

Salads

small \$5.50 large \$7.00

Piccalilli salad of pickled vegetables, roast capsicum and spinach (GF)

Green shred salad, with roast chicken and (GF) tomato vinaigrette (GF)

Weekly Specials

\$7.50

Vegetarian and Gluten Free options available

Monday

Thai noodle cup with chicken dumplings and roast pumpkin

Tuesday

Teriyaki beef bowl with rice and steamed greens

Wednesday

Pulled pork rigatoni with napoli sauce with rocket and parmesan

Thursday

Grilled prawns on fried rice, topped with kewpie mayonnaise and crispy fried onion

Friday

Korean fried chicken with honey soy glaze and slaw on a brioche bun

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Week 5

Rolls and Wraps

\$7.00

- Pastrami, Swiss cheese, tomato and pickle wrap
- Coronation chicken and rocket in a sourdough baguette
- Smoked salmon, lemon dill cream cheese and mix leaf wrap

Salads

small \$5.50 large \$7.00

- Rainbow slaw with roast chicken, mozzarella and apple vinaigrette (GF)
- Barley roast pumpkin salad with salsa verde (v)

Weekly Specials

\$7.50

Vegetarian and Gluten Free options available

Monday

Pork belly, Nam Jim, steamed greens and rice, topped with kewpie and crispy fried onion

Tuesday

Chicken fajita bowl with rice and beans topped with avocado and sour cream

Wednesday

Traditional lasagne with pesto dressed greens and parmesan

Thursday

Fijian sweet and sour barramundi with broccoli and rice

Friday

Pork souvlaki on flat bread with salad and tzatziki

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Week 6

Rolls and Wraps

\$7.00

Roast chicken, mozzarella, tomato and spinach wrap

Baguette filled with ham, dijon, swiss cheese, tomato and mix leaf

Halloumi, roast capsicum and cucumber filled wrap with beetroot relish (v)

Salads

small \$5.50 large \$7.00

Chop salad with roast chicken and parsley vinaigrette (GF)

Mediterranean orzo salad with nut free pesto, feta and cherry tomato (v)

Weekly Specials

\$7.50

Vegetarian and Gluten Free options available

Monday

Tsakane, chinese chicken meatballs with rice and stir-fried vegetables

Tuesday

Sicilian rib fillet on braised fennel and fregola with a tomato and olive sauce

Wednesday

Gnocchi and grilled vegetables in a chorizo cream sauce with spinach and parmesan

Thursday

Cantonese steamed fish on rice with soy tossed vegetables

Friday

New Orleans style pork poh boy with cajun remoulade and lettuce

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Week 7

Rolls and Wraps

\$7.00

BBQ chicken club baguette with crispy bacon, egg, cos lettuce and aioli

Falafel, hummus and roast capsicum wrap with mix leaf and cheese (v)

Buffalo wrap, grilled vegetable mozzarella and buffalo aioli

Salads

small \$5.50 large \$7.00

Asian chop salad with wombok, cucumber, apple, crispy noodle and ginger soy dressing (v)

Sumac roasted carrot and cauliflower salad with preserve lemon dressing (GF) (v)

Weekly Specials

\$7.50

Vegetarian and Gluten Free options available

Monday

Chicken tagine on vegetable studded cous cous, topped with feta and herb salad

Tuesday

Berber flank steak on rice and beans with cucumber tomato salsa and gravy

Wednesday

Spinach tortellini and grilled vegetables in napoli sauce with ricotta and spinach

Thursday

Honey garlic grilled salmon with roasted vegetables and crisp chat potatoes

Friday

American brisket burger with coleslaw pickles and texas BBQ sauce

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Week 8

Rolls and Wraps

\$7.00

Chicken Caesar wrap, roast chicken, bacon, eggs, parmesan and cos lettuce

Cajun roasted sweet potato, fetta, spinach and cucumber wrap (v)

Ham, cranberry and brie baguette with rocket

Salads

small \$5.50 large \$7.00

Chinese cucumber salad with spinach, capsicum and toasted sesame seeds (GF) (v)

Pomegranate, aubergine salad with mix leaf and semi dried tomato, tahini yoghurt dressing (GF) (v)

Weekly Specials

\$7.50

Vegetarian and Gluten Free options available

Monday

Vietnamese poached chicken with stir fried vegetable and sticky rice

Tuesday

Mexican beef bowl with pulled brisket, fresh corn salsa and sour cream on rice

Wednesday

Pulled pork ragu with rigatoni, grilled mushrooms, rocket and parmesan

Thursday

Smokey tomato braised prawns on herbed couscous with roast sweet potato and feta

Friday

Chicken burrito with rice and beans, sour cream, avocado and cheese

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Week 9

Rolls and Wraps

\$7.00

Chicken avocado wrap with spinach, cucumber and roast capsicum

Ham baguette with halloumi, tomato relish and rocket

Roast beef wrap with swiss cheese, onion, tomato and mix leaf

Salads

small \$5.50 large \$7.00

Cucumber wakame salad with coriander crisp and sesame vinaigrette (GF) (v)

Miso roasted vegetable salad with ginger sesame dressing and toasted sesame seeds (GF) (v)

Weekly Specials

\$7.50

Vegetarian and Gluten Free options available

Monday

Korean steak on rice with sauteed greens and cucumber coriander salsa

Tuesday

Coconut chicken ramen noodle with poached egg, rice noodles and shiitake mushroom

Wednesday

Steak and roast capsicum, cavaletti with parmesan cream herbed spinach salad

Thursday

Citrus baked barramundi with salsa verde couscous and green beans

Friday

Portuguese style chicken burger with fresh tomato, onion and lettuce

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Week 10

Rolls and Wraps

\$7.00

Labneh and grilled courgette wrap with herbed salad (v)

Roast chicken and mozzarella salad wrap

Lamb and pumpkin baguette with minted aioli
and mixed leaf

Salads

small \$5.50 large \$7.00

Summer vegetable salad of beans, asparagus, snow
peas and spinach with preserved lemon vinaigrette (GF) (v)

Mediterranean farro salad with roast vegetable,
dukkha rolled labneh and a tomato vinaigrette (v)

Weekly Specials

\$7.50

Vegetarian and Gluten Free options available

Monday

Filipino adobe chicken thigh with stir fried
vegetables and steamed rice

Tuesday

Al pastor nachos, pulled pork, pineapple, tomato
salsa and sour cream on corn chips

Wednesday

Chicken orecchiette with spinach and peas,
cheesy bechamel sauce

Thursday

Easter holidays

Friday

Easter holidays