



TUCKSHOP MENU

TERM 1, 2020

AVAILABLE EVERYDAY

[V] Vegetarian [GF] Gluten Free

WARM FOOD

Pasta Bake [V].....	\$3.80	Kool School Sausage Roll.....	\$3.50	Chicken Wing Things.....	\$3.50
Potato-topped Pie.....	\$4.00	Spinach & Ricotta Roll [V].....	\$4.00	Spring Rolls [V] Sauce Included.....	\$3.00
Beef Pie.....	\$3.80	Cheese & Bacon Roll.....	\$1.50	Chicken Wedges (3).....	\$3.00
Traveller Pie.....	\$4.00	Pull-apart Garlic Bread [V].....	\$2.50	Chicken Nuggets (6).....	\$3.50
Beef Pie [GF].....	\$5.00	Dim Sims (2) [V] Beef or Vegetarian.....	\$2.50		
Ricotta & Veg Roll [GF][V].....	\$4.00	Hot Noodle Cup Chicken or Beef.....	\$2.50		

SANDWICHES & WRAPS

Toasted Ham & Cheese Sandwich.....	\$4.00	Ham, Cheese & Tomato Sandwich.....	\$4.00	Chicken Wrap.....	\$5.00
Toasted Cheese Sandwich [V].....	\$3.00	Egg, Lettuce & Mayo Sandwich.....	\$4.00	Chicken tender, lettuce, tasty cheese, Spanish onion, original mayonnaise	
Salad Sandwich.....	\$4.00	Plain Cheese Sandwich [V].....	\$2.50	Toasted Chicken Salsa Wrap.....	\$4.50
Chicken, Lettuce & Tomato Sandwich.....	\$4.00	Vegemite, Honey, or Jam Sandwich.....	\$2.50	Chicken, salsa, sour cream, tasty cheese	
Chicken, Lettuce & Mayo Sandwich.....	\$4.00	Falafel & Salad Wrap.....	\$5.00	Pesto Chicken Wrap.....	\$5.00
Chicken & Mayo Sandwich.....	\$4.00	Chicken Caesar Wrap.....	\$5.00	Chicken marinated in nut-free pesto, lettuce, sundried tomatoes, feta, cucumber, tasty cheese	
Tuna, Mayo & Lettuce Sandwich.....	\$4.00	Ham & Salad Wrap.....	\$5.00		
Ham & Salad Sandwich.....	\$4.00	Sweet Chilli Chicken & Salad Wrap.....	\$5.00		
Ham & Cheese Sandwich.....	\$4.00				

SALAD

Caesar Salad (with bacon & egg).....	\$5.00
Chicken Caesar Salad.....	\$5.00
Garden Salad with Roast Vegetables [V].....	\$5.00
Ham & Salad Pack [GF].....	\$4.50
Pesto Pasta Salad [V].....	\$5.00
Pasta, fresh capsicum, salad onion & feta tossed in a nut-free pesto sauce	

FRUIT

Apple Slinky [V][GF].....	\$1.00
Watermelon Bowl [V][GF].....	\$3.00
Seasonal Whole Fruit [V][GF].....	\$1.00
Seasonal Fresh Fruit Bowl [V][GF].....	\$4.00

EXTRAS

Sandwich Bread White or Wholemeal.....	+ \$0.00
Well Being Gluten Free White [GF].....	+ \$0.60
Assorted Sauces.....	+ \$0.50
BBQ, tomato, sweet chilli, mustard, soy, tartar	

SNACKS

Gingerbread Man.....	\$2.00	Jelly Cup 150mL [GF].....	\$1.50	Corntos.....	\$1.50
Small Fresh-baked Choc Chip Muffin [V].....	\$1.00	Jelly Custard Cup.....	\$2.00	Pretzels.....	\$1.50
Large Fresh-baked Choc Chip Muffin [V].....	\$3.00	Greek Yoghurt Variety of flavours.....	\$2.80	Hummus with Vegetable Sticks [V].....	\$3.00
Banana Bread Original/Choc Chip.....	\$2.50	Rice Pudding.....	\$3.50	Hummus with Rice Crackers [GF].....	\$2.50
Sumo Cookies.....	\$0.50	Popcorn.....	\$1.00	Tortilla Chips with Tomato Dip [V].....	\$3.00
Chunky Cookies.....	\$1.50	Salted Caramel Popcorn.....	\$2.50	Cheese & Crackers.....	\$2.50
Chocolate or Vanilla Cake Slice.....	\$1.50	Potato Chips Variety of flavours.....	\$1.00 - \$1.50		

FROZEN SNACKS

Weis Mango Passionfruit or Strawberry.....	\$2.50	Twisted Frozen Yoghurt [GF].....	\$2.50	The Flash Raspberry & Pineapple.....	\$1.50
Raspberry Calippo Mini.....	\$1.20	Vanilla & Choc or Vanilla & Strawberry		Mango or Raspberry Split.....	\$2.50
Shaky Shake.....	\$3.00	Scooby Doos Similar to Paddle Pops.....	\$2.00	Lemonade Ice Block.....	\$1.20
Icy Twist.....	\$1.20	Chocolate, Banana, or Caramel		Vanilla Ice Cream Cup.....	\$1.50
Zooper Dooper.....	\$0.50	Orange Juice or Apple Juice Cup.....	\$1.50		

DRINKS

NU Water 250mL/500mL.....	\$1.00/\$2.00	Up & Go.....	\$2.50	Popper.....	\$2.00
Aroona Water 1L.....	\$3.50	Chocolate, Strawberry, Vanilla or Caramel		Orange, Apple or Apple/Blackcurrant	
Waterford Mineral Water Variety of Flavours...	\$3.80	Nippy's.....	\$3.50	Supa Juices - 99% Juice 350mL.....	\$3.50
Lipton Ice Tea Peach or Lemon.....	\$3.50	Coffee, Chocolate or Honeycomb		Variety of flavours	
Krazy Lemon 200mL/ 500mL [GF].....	\$2.50/\$3.50			Glee Blackcurrant, Tropical or Berry.....	\$2.50

DAILY SPECIALS

MONDAY

Cheese Burger.....\$4.00
Oven baked beef patty, slice of tasty cheese & tomato sauce on a burger bun
Flamin' Chicken Burger \$5.00
Chicken patty, lettuce & spicy sauce on a Turkish bun
Vege Burger.....\$5.00
Roasted vegetable patty with lettuce, tomato, beetroot & aioli on a Turkish round roll
Fried Rice [V][GF].....\$3.50
With egg & vegetables
Fried Rice with Bacon Bits [GF].....\$3.50
With egg, vegetables & bacon bits

TUESDAY

Pork Riblet Roll.....\$5.00
Oven baked pork riblet served on a long roll with fresh lettuce & BBQ sauce
Fish & Chips.....\$5.00
Crumbed fish served with oven baked chips (Tartar sauce available to order)
Oven Baked Hot Chips \$2.50
Single serve wrapped in paper

WEDNESDAY

Sushi Rolls.....\$3.50
each Chicken Teriyaki, Tuna & Mayo, Crispy Chicken & Avocado or Vegetarian
Butter Chicken & Rice with Poppadoms.....\$5.00
Chicken, grated carrot & zucchini simmered in a butter chicken sauce, served with steamed rice (Poppadoms optional)
Hot Dogs.....\$3.50
97% fat free hot dog, in a wholemeal torpedo roll (Sauce & tasty cheese optional)

THURSDAY

Nachos.....\$5.00
Corn chips with a Mexican topper of beef, beans & tomato salsa (Cheese & sour cream optional)
Chicken Burger.....\$5.00
Oven-baked chicken patty with lettuce & mayonnaise on a Turkish round roll
Vege Burger [V].....\$5.00
Roasted vegetable patty with lettuce, tomato, beetroot & aioli on a Turkish round roll

FRIDAY

Fish Burger.....\$5.00
Oven baked crumbed fish served on a Turkish roll with lettuce & tartar sauce
Beef Burger.....\$5.00
Oven baked beef patty on a Turkish roll with lettuce, tomato & optional sauce
Vege Burger [V].....\$5.00
Roasted vegetable patty with lettuce, tomato, beetroot & aioli on a Turkish round roll