



TUCKSHOP MENU - TERM 2, 2019

Tuckshop: (07) 3814 8305

AVAILABLE EVERYDAY

[V] Vegetarian [GF] Gluten Free

WARM FOOD

| | | | | | |
|------------------------|--------|----------------------------------|--------|--|--------|
| Pasta Bake [V]..... | \$3.50 | Ricotta & Veg Roll [GF][V]..... | \$4.00 | Dim Sims (2) [V] Beef or Vegetarian..... | \$2.50 |
| Potato-topped Pie..... | \$4.00 | Kool School Sausage Roll..... | \$3.50 | Hot Noodle Cup Chicken or Beef..... | \$2.50 |
| Beef Pie..... | \$3.80 | Spinach & Ricotta Roll [V]..... | \$4.00 | Chicken Wing Things..... | \$3.50 |
| Traveller Pie..... | \$4.00 | Cheese & Bacon Roll..... | \$1.50 | Spring Rolls [V] Sauce Included..... | \$3.00 |
| Beef Pie [GF]..... | \$5.00 | Pull-apart Garlic Bread [V]..... | \$2.00 | Chicken Wedges (3)..... | \$3.00 |

SANDWICHES & WRAPS

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|---|--------|--|--------|--|--------|
| Toasted Ham & Cheese Sandwich..... | \$3.50 | Ham, Cheese & Tomato Sandwich..... | \$3.50 | Chicken Wrap..... | \$5.00 |
| Toasted Cheese Sandwich [V]..... | \$3.00 | Egg, Lettuce & Mayo Sandwich..... | \$3.50 | Chicken tender, lettuce, tasty cheese, Spanish onion, original mayonnaise | |
| Salad Sandwich..... | \$3.50 | Plain Cheese Sandwich [V]..... | \$2.50 | Toasted Chicken Salsa Wrap..... | \$4.00 |
| 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 | | |
| Chicken & Mayo Sandwich..... | \$4.00 | Chicken Caesar Wrap..... | \$5.00 | | |
| Tuna, Mayo & Lettuce Sandwich..... | \$3.50 | Ham & Salad Wrap..... | \$5.00 | | |
| Ham & Salad Sandwich..... | \$4.00 | Sweet Chilli Chicken & Salad Wrap..... | \$5.00 | | |
| Ham & Cheese Sandwich..... | \$3.50 | | | | |

SALAD

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| Caesar Salad..... | \$4.00 |
| Chicken Caesar Salad..... | \$5.00 |
| Garden Salad with Roast Vegetables [V]..... | \$5.00 |
| Ham & Salad Pack [GF]..... | \$4.50 |
| Pesto Pasta Salad [V]..... | \$4.50 |

Pasta, fresh capsicum, salad onion & feta tossed in a nut-free pesto sauce

FRUIT

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| 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

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| 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, tartare

SNACKS

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|---|--------|--|-----------------|---|--------|
| 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]..... | \$2.50 |
| 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

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|--|--------|---|--------|--------------------------------------|--------|
| 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

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|--|---------------|---|--------|---|--------|
| 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..... | \$3.00 |
| 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

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| 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

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| Fish & Chips..... | \$5.00 |
| Crumbed fish served with oven-baked chips (Tartar sauce available to order) | |
| Meatball Sub..... | \$5.00 |
| Tasty beef meatballs cooked in a tomato, onion & herb base sauce, served in wholemeal roll sprinkled with tasty cheese | |
| Oven Baked Hot Chips \$2.50 | |
| Single serve wrapped in paper | |

WEDNESDAY

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| Toasted Pesto Turkish Bread [V]..... | \$4.50 |
| Nut-free Pesto base topped with baby spinach, tomato, capsicum, Spanish onion, feta cheese & a sprinkle of tasty cheese | |
| Creamy Chicken & Rice \$5.00 | |
| Pan-fried chicken breast covered in a creamy sauce, with a hint of lemon & garlic, served on a bed of steamed rice | |
| Hot Dogs..... | \$3.50 |
| 97% fat free hot dog, in a wholemeal torpedo roll (Sauce & tasty cheese optional) | |

THURSDAY

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| 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 | |
| Spaghetti Bolognese..... | \$4.50 |
| Bolognese sauce made with beef mince, tomatoes, finely diced onion, herbs & garlic (Tasty cheese optional) | |

FRIDAY

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| Butter Chicken & Rice with Poppadoms..... | \$5.00 |
| Chicken, grated carrot & zucchini simmered in a butter chicken sauce, served with steamed rice (Poppadoms optional) | |
| Beef Burger..... | \$5.00 |
| Oven baked beef patty on a Turkish roll with lettuce, tomato & optional sauce | |