



St Augustine's College
AUGUSTINE HEIGHTS

Tuck Shop Menu

TERM 4, 2021

AVAILABLE EVERYDAY

[V] Vegetarian [VG] Vegan [GF] Gluten Free

WARM FOOD

Pasta Bake [VG][GF]..... \$3.80	Spinach & Ricotta Roll [V]..... \$4.00	Spring Rolls [V] sauce included..... \$3.00
Potato-topped Pie..... \$4.00	Cheese & Bacon Roll..... \$1.50	Chicken Wedges (3)..... \$3.00
Beef Pie..... \$3.80	Pull-apart Garlic Bread [V]..... \$2.50	Chicken Nuggets (5)..... \$3.50
Byron Bay Beef Pie [GF]..... \$6.00	Dim Sims (2) beef or vegetarian [V]..... \$2.50	Curry Lentil Pie [VG]..... \$5.00
Traveller Pie..... \$4.00	Hot Noodle Cup chicken, beef, chicken [GF].. \$2.50	
Kool School Sausage Roll..... \$3.50	Chicken Wing Things..... \$3.50	

SANDWICHES & WRAPS

Vegemite, Honey, or Jam Sandwich..... \$2.50	Chicken, Lettuce, Tomato & Mayo Sandwich... \$4.00	Simply Chicken Wrap..... \$5.50
Plain Cheese Sandwich [V]..... \$2.50	Toasted Cheese Sandwich [V]..... \$3.00	Chicken tender, lettuce, tasty cheese, spanish onion, mayonnaise
Ham & Cheese Sandwich..... \$4.00	Toasted Ham & Cheese Sandwich..... \$4.00	Toasted Chicken Salsa Wrap..... \$4.50
Ham, Cheese & Tomato Sandwich..... \$4.00	Ham & Salad Wrap..... \$5.50	Chicken, salsa, sour cream, tasty cheese
Salad Sandwich [V]..... \$4.00	Chicken Caesar Wrap..... \$5.50	Toasted Falafel & Salad Wrap [V]..... \$5.50
Chicken & Mayo Sandwich..... \$4.00	Sweet Chilli Chicken & Salad Wrap..... \$5.50	with tzatziki sauce
Chicken, Lettuce & Mayo Sandwich..... \$4.00		

SALAD

Caesar Salad with bacon..... \$5.00
Falafel Salad with Hummus[VG] or Tzatziki[V] \$5.00

FRUIT

Watermelon Bowl [VG][GF]..... \$3.00
Seasonal Whole Fruit [VG][GF]..... \$1.00
Seasonal Fresh Fruit Bowl [VG][GF]..... \$4.00

EXTRAS

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

SNACKS

Gingerbread Man..... \$2.00	Jelly Custard Cup..... \$2.00	Pretzels..... \$1.50
Small Fresh-baked Choc Chip Muffin [V]..... \$1.00	Greek Yoghurt variety of flavours..... \$2.80	Hummus with Vegetable Sticks [VG]..... \$3.00
Large Fresh-baked Choc Chip Muffin [V]..... \$3.00	Rice Pudding..... \$3.50	Hummus with Rice Crackers [GF][V]..... \$2.50
Banana Bread original, choc chip, [GF]..... \$2.50	Popcorn..... \$1.00	Tortilla Chips with Tomato Dip [V]..... \$3.00
Sumo Cookies..... \$0.50	Sweet & Salty Popcorn..... \$1.50	Cheese & Crackers [V]..... \$2.50
Chocolate or Vanilla Cake Slice..... \$1.50	Potato Chips variety of flavours..... \$1.00-\$1.50	Rice Cracker Mix..... \$1.50
Jelly Cup 150mL [GF]..... \$1.50	Corntos..... \$1.50	Twiggy Sticks..... \$1.50

FROZEN SNACKS

Raspberry Calippo Mini..... \$1.50	Vanilla Ice Cream Cup..... \$1.50	Lemonade Ice Block..... \$1.50
Shaky Shake..... \$3.00	Twisted Frozen Yoghurt [GF]..... \$2.50	Paddle Pop chocolate, rainbow..... \$2.00
Icy Twist..... \$1.50	Vanilla & chocolate, vanilla & strawberry	Juice Icpole berry, mango, pink lemon..... \$1.80

DRINKS

NU Water 250mL/500mL..... \$1.00/\$2.00	Up & Go..... \$2.50	Orchy Juice 350mL..... \$3.50
Aroona Water 1L..... \$3.50	Chocolate, strawberry, vanilla, caramel	Apple, orange, pineapple, orange passion fruit, apple blackcurrant, mango smoothie
Waterford Mineral Water variety of flavours... \$3.80	Nippy's..... \$3.50	Glee blackcurrant, tropical, berry..... \$2.50
Lipton Ice Tea..... \$3.50	Coffee, chocolate, banana, strawberry, honeycomb	
Peach, lemon, mango, raspberry	Popper..... \$2.00	
Krazy Lemon 200mL/500mL [GF]..... \$2.50/\$3.50	Orange, apple, tropical, apple/blackcurrant	

DAILY SPECIALS

MONDAY

Meatball Sub with Cheese \$5.00
Beef meatballs cooked in a tomato based sauce with herbs, served in a long roll with tasty cheese
Sushi Rolls..... \$3.50
Chicken Teriyaki, Crispy Chicken Avocado, Tuna/Mayo, or Vegetarian Special

TUESDAY

Pork Riblet Roll..... \$5.00
Oven-baked pork riblet served on a long roll with fresh lettuce & BBQ sauce
Cheeseburger..... \$4.50
Oven-baked beef patty, tasty cheese, tomato and burger sauce on a round roll

WEDNESDAY

Flamin' Chicken Burger..... \$5.00
Chicken patty, lettuce and spicy mayonnaise sauce on a Turkish bun
Butter Chicken & Rice with Poppadoms [GF]..... \$5.00
Chicken, grated carrot & zucchini simmered in a butter chicken sauce, served with steamed rice (poppadoms optional)

THURSDAY

Hot Dogs..... \$3.50
97% fat free hot dog, in a wholemeal torpedo roll (sauce & tasty cheese optional)
Creamy Chicken with Rice \$5.00
Pan-fried chicken breast covered in a creamy sauce, with a hint of lemon and garlic, served on a bed of rice

FRIDAY

Chicken Burger..... \$5.00
Oven-baked chicken patty with lettuce & mayonnaise on a Turkish round roll
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