



St Augustine's College
AUGUSTINE HEIGHTS

TUCKSHOP MENU

TERM 1, 2023

BREAKFAST

Weekdays 8.15am - 8.35am

Cheese & Bacon Roll.....	\$2.00	Hot Chocolate [V].....	\$2.50
Hash Brown [V].....	\$1.50	Fresh Watermelon [VG].....	\$3.50
Small Muffin [V].....	\$1.50	Yoghurt & Muesli [V].....	\$3.00
Large Muffin [V].....	\$3.00		

AVAILABLE EVERYDAY

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

WARM FOOD

Pasta Bake [VG][GF].....	\$4.50	Spinach & Ricotta Roll [V].....	\$4.00	Spring Rolls [V] sauce included.....	\$3.50
Potato-topped Pie.....	\$4.00	Cheese & Bacon Roll.....	\$2.00	Chicken Wedges (3).....	\$3.00
Beef Pie.....	\$4.00	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].....	\$3.00	Curry Lentil Pie [VG].....	\$5.00
Traveller Pie.....	\$4.00	Hot Noodle Cup chicken, beef, chicken [GF]..	\$2.50		
Kool School Sausage Roll.....	\$3.80	Chicken Wing Things.....	\$3.50		

SANDWICHES & WRAPS

Vegemite, Honey, or Jam Sandwich.....	\$3.00	Chicken, Lettuce, Tomato & Mayo Sandwich... \$5.00	Simply Chicken Wrap.....	\$6.00	
Plain Cheese Sandwich [V].....	\$3.00	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.....	\$6.00	Chicken, salsa, sour cream, tasty cheese	
Salad Sandwich [V].....	\$4.00	Chicken Caesar Wrap.....	\$6.00	Toasted Falafel & Salad Wrap [V].....	\$6.00
Chicken & Mayo Sandwich.....	\$5.00	Sweet Chilli Chicken & Salad Wrap.....	\$6.00	with tzatziki sauce	
Chicken, Lettuce & Mayo Sandwich.....	\$5.00				

SALAD

Caesar Salad with bacon.....	\$5.00
Falafel Salad with Hummus[VG] or Tzatziki[V]	\$5.00
Pesto Pasta[V].....	\$6.00

FRUIT

Watermelon Cup [VG][GF].....	\$3.50
Seasonal Whole Fruit [VG][GF].....	\$1.00
Seasonal Fresh Fruit Bowl [VG][GF].....	\$4.00
Apple Slinky [VG][GF].....	\$2.00

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

FROZEN SNACKS

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

DRINKS

NU Water 500mL.....	\$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.....	\$4.00	Coffee, chocolate, banana, strawberry, honeycomb			
Peach, lemon, mango, raspberry		Popper.....	\$2.00		
Krazy Lemon 200mL/500mL [GF].....	\$2.50/\$3.80	Orange, apple, tropical, apple/blackcurrant			

DAILY SPECIALS

MONDAY

BLT Burger.....	\$5.00
Lean bacon strips, sliced tomato & lettuce on a freshly baked Turkish roll and BBQ sauce	
Butter Chicken & Rice with Poppadoms [GF].....	\$5.00
Chicken, grated carrot & zucchini simmered in a butter chicken sauce, served with steamed rice (poppadoms optional)	

TUESDAY

Potato Wedges.....	\$5.00
Oven-baked, seasoned potato wedges with sour cream & grated cheese on the side	
Cheeseburger.....	\$4.50
Oven-baked beef patty, tasty cheese, tomato and burger sauce on a round roll	
Sushi.....	\$3.80
Crispy Chicken and Avo, Tuna and Mayo, Vegetarian or Teriyaki Chicken	

WEDNESDAY

Meatball Sub with Cheese \$5.00	
Beef meatballs cooked in a tomato based sauce with herbs, served in a long roll with tasty cheese	
Nachos.....	\$6.00
Corn chips with a Mexican topper of beef, beans & tomato salsa (cheese & sour cream optional)	

THURSDAY

Hot Dogs.....	\$4.00
97% fat free hot dog, in a wholemeal torpedo roll (sauce & tasty cheese optional)	
Creamy Chicken with Rice \$6.00	
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	