



St Augustine's College  
AUGUSTINE HEIGHTS

# TUCKSHOP MENU

## TERM 2, 2022

### BREAKFAST

Weekdays 8.00am - 8.35am

Cheese & Bacon Roll.....	\$2.00	Large Muffin [V].....	\$3.00
Breakfast Muffin Meat pattie, hashbrown, cheese, BBQ sauce...	\$3.50	Raisin Toast [V].....	\$1.00
Hash Brown [V].....	\$1.00	Hot Chocolate [V].....	\$2.00
Small Muffin [V].....	\$1.50	Fresh Fruit Bowl [VG].....	from \$3.00
		Yoghurt & Muesli [V].....	\$3.00

### AVAILABLE EVERYDAY

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

#### WARM FOOD

Pasta Bake [VG][GF].....	\$4.00	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.....	\$3.50	Chicken Wing Things.....	\$3.50		

#### SANDWICHES & WRAPS

Vegemite, Honey, or Jam Sandwich.....	\$3.00	Chicken, Lettuce, Tomato & Mayo Sandwich...	\$4.50	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.....	\$4.50	Sweet Chilli Chicken & Salad Wrap.....	\$6.00	with tzatziki sauce	
Chicken, Lettuce & Mayo Sandwich.....	\$4.50				

#### SALAD

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

#### FRUIT

Watermelon Cup [VG][GF].....	\$3.00
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.....	\$0.50	Sweet & Salty Popcorn.....	\$1.50	Cheese & Crackers [V].....	\$2.50
Chocolate or Vanilla Cake Slice.....	\$1.50	Potato Chips variety of flavours.....	\$1.50	Rice Cracker Mix.....	\$1.50
Jelly Cup 150mL [GF].....	\$1.50	Corntos.....	\$1.50	Twiggy Sticks.....	\$2.00

#### FROZEN SNACKS

Raspberry Calippo Mini.....	\$1.50	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 Icy pole berry, mango, pink lemon.....	\$1.80

#### 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.....	\$3.50	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

**Meatball Sub with Cheese \$5.00**  
Beef meatballs cooked in a tomato based sauce with herbs, served in a long roll with tasty cheese

**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

**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

**Sushi..... \$3.80**  
Crispy Chicken and Avo, Tuna and Mayo, Vegetarian or Teriyaki Chicken

#### WEDNESDAY

**Flamin' Chicken Burger..... \$5.00**  
Chicken patty, lettuce and spicy mayonnaise sauce on a Turkish bun

**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